

# CLAYTON

## PARKS AND RECREATION

The Center of Clayton - Shaw Park Aquatic Center - Shaw Park Tennis Center



## Summer 2011

Summer 1 Session: May 1 - June 25 (8 weeks)

Summer 2 Session: June 26 - August 20 (8 weeks)

Resident / Member Registration: April 4 - April 8

Open Registration: April 9 through Start of Session

**Go Green! Register online at [www.centerofclayton.com](http://www.centerofclayton.com)**

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### DEFINITION OF RESIDENT AND CORPORATE

**Residents** are those individuals or families who live or own property within the Clayton School District boundaries or attend a Clayton School District School. Residents must present a current state ID verifying current address within the Clayton School District boundaries along with an unpaid utility bill or proof they attend a Clayton School District school. Property owners need to present proof of ownership of property within the Clayton School District in addition to a current state ID.

**Corporate** is defined as individuals who work within the Clayton School District boundaries. Corporate employees must present a pay stub no more than 60 days old verifying employment at an address within the boundaries of the Clayton School District in addition to a current state ID.

**CLAYTON ADVANTAGE CARD** - This free photo ID resident card is required for anyone age 3 or older to receive the appropriate resident or corporate rates for membership passes, programs, and daily fees at The Center of Clayton and all outdoor facilities. Clayton Advantage Cards issued in 2011 will be valid until December 31, 2012 and may be obtained at The Center of Clayton during normal business hours. Proof of residency or corporate status will be required to obtain or renew a card.

**DEFINITION OF FAMILY** - Up to 2 adults who live in the same household and their dependents who are 25 & under and who also reside in that same household.

## IMPORTANT INFORMATION

**FEES** - Fees must be paid in full at time of registration. Enrollment is on a first come first serve basis. Fees will be returned if a class is full or cancelled.

**PLACING CREDIT ON YOUR ACCOUNT** - If you would prefer to leave money at home, consider placing credit on your account to use toward Center purchases, guest admission, or Center merchandise - it's great for child care. You can place credit on your account over the phone with a charge card, or simply stop by the Welcome Desk if you prefer to use a check or cash. Once the credit is on your account, you and your family can enjoy convenience of direct deduction - no purse or wallet necessary!

**ACCESSIBILITY TO ALL CITIZENS** - We welcome individuals of all abilities to enjoy our facilities and participate in programs. If you or someone you know requires assistance, let us know at the time of registration or at least two days in advance of drop-in use. If we are unable to meet your request, you may address your concerns through the established grievance procedure. For more information, please contact Mary Furfaro, Coordinator of Inclusive Services at (Voice) 314-505-8607 (TDD) 1-800-735-2966.

**LATE REGISTRATION** - Registration may be accepted after a program begins, provided the maximum enrollment has not been reached.

**RETURNED CHECK FEE** - The Center of Clayton will assess a service charge of \$15 for every check and automated withdrawal returned.

**CANCELLATION POLICY** - Clayton Parks and Recreation reserves the right to cancel a class if the program minimum has not been met prior to five (5) business days before the first class meeting. Refunds will be processed as stated below.

**REFUND POLICY** - The Clayton Parks & Recreation Department strives to provide quality programs. If you are not satisfied, please contact us at 314-290-8500. All refund requests must be made in writing either in person or by mail to the following address: The Center of Clayton, 50 Gay Avenue Clayton, MO 63105

- A full refund will be given for classes cancelled by the Parks and Recreation Department or if a registrant is restricted from participating in a program due to a change in program dates or times.
- A full refund may also be given if a registrant is unable to attend due to illness or injury, when a physician's statement is presented. If the program has already begun, a pro-rated refund will be issued.
- **A service fee of \$5 per participant, per program will apply to all refunds initiated by the customer.**
- No refunds will be given for registration cancellations requested fewer than 5 days before the start of the program. For Youth Sports programs, the first date of practice is considered the start of the program.
- No refunds or make-ups will be given for missed lessons, classes or practices - except those cancelled by the department.
- Refunds of \$10.00 or less will be credited to the customer's Parks and Recreation account for future use.
- Refunds over \$10.00 will be issued in the form of original payment including credit on account, check or credit to original credit card used. Original payments made in cash will be refunded via check.
- Please allow 2-3 weeks for refund processing.

**COMMENTS & SUGGESTIONS** - Clayton Parks and Recreation strives to provide quality recreational programs for you and your family. Your comments, suggestions, ideas and concerns are always a priority of ours. Please feel free to contact us by calling or writing The Center of Clayton.

Phone: 314-290-8500  
 Mail: The Center of Clayton  
 50 Gay Avenue  
 Clayton, MO 63105  
 E-mail: thecenter@ci.clayton.mo.us



## FITNESS

- Competition Pool
- Fitness Center
- Free Weight Room
- Indoor Track
- Personal Training

## SPORTS

- Climbing Wall
- Four Gymnasiums
- Indoor and Outdoor Leagues

## COMMUNITY

- Aquatic Center
- Coffee Corner with WiFi
- Free Towels & Lockers
- Hot Tub
- Kid Center
- Youth Activity Center



# THE CENTER OF CLAYTON



**DAILY ADMISSION** - is for one time use only and does not cover access to any classes or special pay activities. Daily class fees can be found in the fitness and aquatic sections of this brochure. No refunds on daily fees. Clayton Advantage Card must be presented for Resident or Corporate rates.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$6	\$7	\$8
Adult	\$8	\$9	\$10
Senior (60+)	\$6	\$7	\$8

## Hours of Operation

Mon. - Thurs.	5:30 am - 10:00 pm
Friday	5:30 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	7:00 am - 6:00 pm

- Pools close 15 minutes prior to facility closing. -

Memorial Day	5:30 am - 6:00 pm
Independence Day	5:30 am - 6:00 pm

# Membership

Membership is the best way to enjoy all The Center of Clayton has to offer. Options include annual, monthly and platinum.

**ANNUAL MEMBERSHIP** - Individuals who choose to pay up front for 12 months save approximately 5% off the monthly membership fee. Annual payments are non-refundable.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$239	\$269	\$309
Adult	\$369	\$399	\$539
Senior (60+)	\$289	\$309	\$369
Family	\$649	\$699	\$899

**MONTHLY MEMBERSHIP (EFT or Credit Card)** - A \$25 start up fee is applied to all new memberships using the monthly option. Termination requests must be received in writing by the 25th of the month to end the last day of the current month.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$21	\$24	\$27
Adult	\$33	\$36	\$47
Senior (60+)	\$25	\$27	\$33
Family	\$57	\$62	\$79

**PLATINUM MEMBERSHIP** - The platinum membership gives you access to The Center of Clayton, Shaw Park Aquatic Center, Ice Rink and Tennis Center. Platinum memberships are sold only as annual passes.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$309	\$369	\$469
Adult	\$479	\$539	\$729
Senior (60+)	\$369	\$419	\$529
Family	\$839	\$939	\$1299

**\$8**

Members pay as little as \$8 per session for land and water fitness classes! For more information about these programs see pages 14 and 19.

**CENTER OF CLAYTON AGE LIMITS**

**Children ages 8 and under** can participate in programs led by an instructor without a parent present in the program space or play at the Kid Center while their parent uses the facility. Children within this age category must be supervised by a parent or responsible individual age 15 and older to utilize any area of the facility.\*

**Children ages 9 - 11** can swim in the Leisure Pool, use the Youth Activity Center, use the track, swim laps in competition pool and participate in programs led by an instructor without a parent present in the program space. Children in this category must have the supervision of a parent or responsible individual age 15 and older to utilize any other area of the facility.\*

**\*Note: Children in the above age categories are not permitted access to the hot tub, power-lifting room or fitness center.**

**Children ages 12 - 13** can use the cardiovascular equipment with a parent after successful completion of a fitness orientation; they may also utilize the facility, with the exception of the hot tub, power-lifting room or fitness center stack weight equipment, without direct supervision.

**Ages 14 and up:** Full facility access.



## THE CENTER OF CLAYTON KID CENTER SERVICE

**KID CENTER HOURS**

Monday - Friday	8:00 am - 12:00 pm
Monday - Thursday	4:00 pm - 8:00 pm
Saturday	8:00 am - 12:30 pm
Sunday	CLOSED

The Kid Center provides quality nursery service for children ages 8 weeks to 8 years while you exercise or take programs at The Center of Clayton. Social interaction is encouraged through activities and free play. Parents **MUST** remain in the building while children are in the Kid Center. Reservations are required and can be made at the Welcome Desk or 314-290-8500. If there are no reservations the Kid Center will close 1 hour earlier than scheduled time.

**KID LOOK FOR THE SYMBOL** This symbol denotes classes that are offered during KID CENTER hours.

**FEES** - \$3 per child per hour (1 hour minimum, 2 hour maximum)

**20 - HOUR PUNCH CARD** - For just \$55, you can purchase a 20 - hour punch card with each punch good for one hour of child care per child in the Kid Center.

**ANNUAL KID CENTER PASS** - Annual Kid Center passes are available for both members and program participants. Annual passes expire one year from date of purchase. Annual passes are available at a cost of \$300 for the first child and \$150 for each additional child.

**CANCELLATION POLICY** - If reservations are not cancelled at least 2 hours in advance a \$3.00 fee per child will apply.



## THE CENTER OF CLAYTON YOUTH ACTIVITY CENTER

The Youth Activity Center provides children a safe and exciting place to be physically active while parents work out The Center. Children must be checked in and out by a parent or guardian. The YAC is designed for the independent play of children, but parents are welcome to sit in the lobby and watch their child's activities.

**AGE LIMITS** - Kids ages 7 through 13 years of age or younger kids at least 51" tall.

**ORIENTATION** - Orientations are available for open play/drop-in usage. Sign up for times available in the Youth Activity Center or call 314-290-8580.

**FEES**

Member FREE

The Center daily fee applies to non-members wishing to use the Youth Activity Center. Please pay at the Welcome Desk and present receipt to YAC attendant.

**OPEN PLAY HOURS**

Monday - Friday	4:00 pm - 8:00 pm
Saturday	8:00 am - 12:00 pm
Sunday	Closed

**SUMMER OPEN PLAY HOURS (JUNE 6 - AUG. 16)**

Monday - Friday	9:00 am - 12:00 pm
	4:00 pm - 8:00 pm
Saturday	8:00 am - 12:00 pm
Sunday	Closed

**HOLIDAY HOURS** - The Youth Activity Center recognizes holidays and scheduled closings of Clayton School District schools. The following days, the Youth Activity Center will have extended open play hours:

Friday May 13th	9:00am - 12:00pm and 4:00 - 8:00pm
Monday May 30th	9:00am - 12:00pm and 4:00 - 8:00pm





# Birthday Parties @ The Center of Clayton

Clayton Parks and Recreation has teamed up with Oogles N Googles to provide new and exciting birthday party options at The Center of Clayton. You can now choose from several different options to best fit your needs, budget, and child's interest.

## All-inclusive Themed Costume Birthday Party

Includes custom invites and thank you notes, a 24-count cupcake cake, juice, papergoods and decorations, photo of each child, party favors, goody bags, and 2 hours of non-stop entertainment with 2 party facilitators.

**Choose from any one of the following themes:**

- Fairytale Princess
- Pop Rock
- Train
- Pirate
- Detective
- Fire Truck
- Down on the Farm
- Pom Pom Princess
- Race Car
- Dinosaur
- Wizard
- Tea
- Teddy Tea
- Luau
- Superhero

## Themed Entertainment Only Package

This package includes

- Activities and costumes for one of the themes listed above
- 90 minutes of non-stop entertainment
- Two experienced party facilitators to run your party

## Sports Gym Party

Package includes:

- Party room for 2 hours
- Gym activity for 1 hour
- Cupcake cake and juice
- Two referee party attendants

## Pool Splash Party

Splash in the leisure pool with friends.

Package includes:

- Party room and pool use for 2 hours
- Cupcake cake and juice
- One party attendant

Please call 314-398-9637 for additional information and pricing details.

## CENTER OF CLAYTON MEETING AND EVENT RENTALS

### ACCOMMODATIONS FOR RENT

**Note:** All room rentals are priced hourly with a 2 hour minimum.

**First floor banquet/meeting rooms** with seating for 10 - 200. Rooms can be set up as one large conference or divided into three separate meeting spaces.

	Mem./Res.	Corp.	Non-Res.
1 Section (24' x 36')	\$30	\$35	\$45
2 Sections (48' x 36')	\$50	\$55	\$65
3 Sections (72' x 36')	\$70	\$75	\$85

**Second floor meeting/classrooms** with seating for 10 - 125. The rooms are less formal than the first floor accommodations and can be set up for one large or two smaller meeting spaces.

	Mem./Res.	Corp.	Non-Res.
1 Section (24' x 36')	\$30	\$35	\$40
2 Sections (48' x 36')	\$45	\$50	\$60

**Leisure pool** includes a slide, vortex, lazy river, zero entry and toddler play area. Rental fees include lifeguards appropriate to the number of participants in your group.

**Gymnasiums:** Get family and friends together for basketball, dodge ball, volleyball or badminton game.

**The Climbing Wall** has 500 sq. feet of space for a challenging small group activity.

**AV Equipment:** TV/VCR/DVD, Easel/Dry Erase Boards, Drop Down Screens and WIFI. First floor banquet/meeting rooms are equipped with microphones and built-in stereo sound systems.

### CATERING

Our preferred caterers are chosen for their quality, service and selection, and are designed to provide a variety of choices in menu and pricing. Preferred caterers have access to our on-site kitchen and can use our glassware, flatware and china at no fee. Alcoholic beverages can only be served in The Center through one of our preferred caterers whose menus include the service of alcoholic beverages.

#### Caterer

Bryan Young - Catering Plus  
Companion Bakehouse  
CJ Mugg's  
J McGraugh's Bar & Grill  
McAlister's Deli  
Pasta House  
Something Elegant Catering  
Steven Becker Fine Dining

#### Phone

781-0243  
352-4770  
963-1976  
863-8555  
971-7783  
644-1400  
781-7722  
367-4848

#### Web Address

www.cateringplusstlouis.com  
www.companionstl.com  
www.cjmuggs.com  
www.jmcgraughs.com  
www.mcalistersdeli.com  
www.pastahouse.com  
www.somethingelegantcatering.com  
www.stevenbeckerfd.com

- Coffee Corner and Subway on site -

**Use of Non-Preferred Caterers:** Non-Preferred Caterers can be used with the following restrictions: Non-Preferred Caterers will not have access to our kitchen, glass or flatware. Food can be brought in warm but cannot be heated or cooked on premises (no chafing dishes that use any type of heating fuel or sterno, microwaves, hotplates, etc.) Also remember non-preferred caterers cannot serve any alcoholic beverages at The Center.

**FOR INFORMATION CALL 314-290-8504**





## SHAW PARK



### PARKING IN AND AROUND SHAW PARK

#### STREET PARKING

Metered parking spaces on Brentwood Boulevard cost \$0.75 per hour between 8:00 am and 6:00 pm. Limited handicap parking spaces are located just off Brentwood, in the circular drive between the Aquatic Center and Ice Rink.

#### GARAGE PARKING

Garage parking is located at the corner of Bonhomme and Brentwood. Garage is attended Monday through Friday from 6:00 am to 6:00 pm. Cost is \$0.75 per hour when attended. Garage is open and FREE evenings and weekends.

#### LOT PARKING

Patrons wishing to utilize Shaw Park venues may park in the Shaw Park surface lot on the west side of Shaw Park, located near the sand volleyball courts and the Clayton School District Administration Building. Parking is also available along Shaw Park Drive, off Brentwood Blvd. at the south end of the park.

### PARK RENTAL INFORMATION

#### PLAN YOUR EVENT IN SHAW PARK OR OAK KNOLL PARK!

Residents of Clayton, Corporate Advantage Card Holders and Clayton businesses may reserve a picnic site beginning on the first business day of the same calendar year. Non-Residents may reserve sites beginning April 1. Prime dates and locations fill quickly, so book your space early. All areas require a minimum of a refundable \$100 damage deposit.

For information call Denise Ucinski at 314-290-8516 or [ducinski@ci.clayton.mo.us](mailto:ducinski@ci.clayton.mo.us).

#### SHAW PARK RENTALS

##### Shaw Park Pavilion



Shaw Park Pavilion is equipped with a grill, picnic tables, running water, and electricity. Seating capacity: 180

Fee \$325 Resident  
\$400 Corporate  
\$475 Non-Resident

##### North/South Picnic Shelter



North and South Picnic Shelters are equipped with a grill, picnic tables, water, restroom facilities and electricity. Seating capacity: 60

Fee \$50 Resident  
\$75 Corporate  
\$100 Non-Resident

##### Picnic Pads (5 Available)



Picnic pads are equipped with a grill and picnic tables. Seating capacity: 36

Fee \$20 Resident  
\$25 Corporate  
\$30 Non-Resident

#### OAK KNOLL PARK RENTALS

##### Picnic Pad



The large picnic pad is equipped with a grill, picnic tables and is located near the playground. Seating capacity: 40

Fee \$50 Resident  
\$75 Corporate  
\$100 Non-Resident



# SHAW PARK AQUATIC CENTER May 29 - Sept. 6

**2011 SEASON PASSES** - Season pass holders enjoy many benefits, including extended lap swim hours, drop-in Water Aerobics, and our popular Splash & Play program.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$65	\$90	\$165
Adult	\$85	\$120	\$200
Senior (60+)	\$65	\$90	\$165
Family	\$150	\$200	\$400

**DAILY ADMISSION** - is for one time use only and does not cover access to any classes or special pay activities. Daily class fees can be found in the aquatic section of this brochure. No refunds on daily fees. Clayton Advantage Card must be presented for Resident or Corporate rates.

	Resident	Corporate	Guest
Youth (3-17)	\$4	\$5	\$6
Adult	\$6	\$7	\$8
Senior (60+)	\$4	\$5	\$6

**PLATINUM MEMBERSHIP** - The platinum membership gives you access to The Center of Clayton, Shaw Park Aquatic Center, Ice Rink and Tennis Center. Platinum memberships are sold only as annual passes.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$309	\$369	\$469
Adult	\$479	\$539	\$729
Senior (60+)	\$369	\$419	\$529
Family	\$839	\$939	\$1299

For information on resident and corporate status, please see page 2.

**NON-RESIDENT GUESTS** - Season pass holders and Clayton residents/corporate may bring non-resident guests to Shaw Park Aquatic Center. Non-residents must be accompanied by a pass holder or resident/corporate with appropriate Clayton Advantage Card to gain admission to Shaw Park Aquatic Center.

**314-290-8590 - [www.claytonmo.gov/pool](http://www.claytonmo.gov/pool)**

## Hours of Operation

### May 29 – August 14

Monday through Friday	12:00 pm – 8:00 pm
Saturday, Sunday & Holidays	10:00 am – 8:00 pm

### August 15 – September 5

Monday through Friday	***See Below
Saturday, Sunday & Holidays	10:00 am – 8:00 pm

\*\*\* Once Clayton Schools are back in session pool hours are adjusted. Stop by the Shaw Park Aquatic Center or [www.claytonmo.gov/pool](http://www.claytonmo.gov/pool) for a schedule.

## Temporary Pool Closings

- Shaw Park Aquatic Center will be closed Friday, June 24 through Sunday, June 26 for the Clayton Shaw Park Invitational Swim Meet.
- The Dive Tank will be closed from 4:00 pm on Friday, July 15 to 4:00 pm on Sunday, July 17 for the Clayton Water Polo Tournament.



**I'm a World Record Holder!**

**Tuesday, June 14, 9:15 - 11:00 am**

**FREE Event!!** Become a World Record Holder!! The World's Largest Swimming Lesson is an attempt to break the Guinness World Record for a simultaneous swimming lesson. The City of Clayton's Shaw Park Aquatic Center is one of many Host Locations around the world. This attempt is to highlight the importance of learn-to-swim programs.

**Ages 3-12. Register at The Center of Clayton, Code: 12009**



## SEASON PASS HOLDER FREE PROGRAMS

Season pass-holders enjoy many benefits, including extended lap swim hours, drop-in Water Aerobics, and our popular Splash & Play program. The following programs are FREE with the purchase of a 2011 SPAC season pass:

**LAP SWIM** - Lap Swim is available during all hours that the facility is open. Only season pass or punch card holders may also enjoy an invigorating morning or evening lap swim while SPAC is closed to the general public (listed below). Lap swim is defined as independent continuous swimming in the lanes; recreational swim is not permitted during designated lap swim time.

Monday through Friday*	9:00 am – 12:00 pm***
Monday through Thursday	8:00 pm – 10:00 pm***

\*Lap Swim will not be held on Friday, June 24.

## SPLASH & PLAY

ages 6 months – 6 years

Infants, toddlers, and young children may enjoy the Children's Pool before it opens to the general public. Parents and caregivers are expected to directly supervise children in their care.

Please note: Children attending Splash & Play must be season pass-holders in order to participate. Adult season pass holders may bring children who are pass holders, or may purchase a Splash & Play punch card to bring children who are not pass-holders as their guests. Each non pass holder child must be accounted for on a punch card for each day of attendance. (There is no punch for the accompanying pass holder adult).

For more information on punch card purchases and fees please see the box below.

May 31 – August 12\*

Monday – Friday	10:00 am – 12:00 pm***
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\*Splash & Play will not be held on Friday, June 24th.

## WATER AEROBICS

ages 16+

Start your day with outdoor water exercise! Each class includes a warm-up, a fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance, and a warm-down session for stretching at the end of class. It's twice the workout on land in half the time!

June 7 – August 11

Tuesday & Thursday	9:30 am – 10:30 am
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\*\*\*Once Clayton Schools are back in session pool hours are adjusted. Stop by the Shaw Park Aquatic Center or [www.claytonmo.gov/pool](http://www.claytonmo.gov/pool) for a schedule.

## NOT A SEASON PASS HOLDER? BUY A 10-VISIT PUNCH CARD!

Clayton residents and non-residents may purchase a 10-visit punch card to attend these programs. Cards are program-specific, and they allow holders to attend the program ten times, so they can schedule around work, weather, vacations, etc. Season pass holders can even use them to bring guests to their favorite programs! There is no limit to the number of punch cards a person can purchase in a season, and all cards expire on the last day of the program. Punch cards are on sale at The Center of Clayton and Shaw Park Aquatic Center during normal hours of operation. Fees are as follows:

<b>Adult Lap Swim</b>	<b>Splash &amp; Play</b>	<b>Water Aerobics*</b>
Resident: \$60	Resident: \$60	Resident: \$80
Non-resident: \$80	Non-resident: \$80	Non-resident: \$90

\*This card can also be used for Sharon Winstein's Aqua Motion, detailed on page 14.

Please note: Punch Cards valid during program time only. Season pass or Clayton Advantage Card with daily admission fee required for further access to SPAC.

## SPECIAL EVENTS

The following events are planned for the enjoyment of all family members. There is no cost to participate once admitted to Shaw Park Aquatic Center.

### MEMORIAL DAY

**Monday, May 30** 1:00 - 4:00 pm  
Open the 2010 season with games, activities, and fun for the whole family.

### KIDS' DAY

**Saturday, June 11** 1:00 - 4:00 pm

Free admission all day for resident children ages 12 and younger. Bring your friends for games and activities.

### CSP INVITATIONAL SWIM MEET

**Friday, June 24 - Sunday, June 26**  
Cheer on your favorite CSP swimmers from the bleachers! **Facility closed for use by the public this weekend.**

### 4TH OF JULY CELEBRATION

**Monday, July 4** 1:00 - 4:00 pm  
Celebrate the USA at SPAC. Enjoy games, door prizes, and free pop-sicles.

### LIFEGUARD APPRECIATION DAY AND MOCK RESCUE

**Sunday, July 10**  
Watch a mock rescue demonstration that highlights the skills of your strong and dedicated Clayton lifeguards. Then tell those fine young professionals how much you appreciate the important job they do!

### CLAYTON WATER POLO TOURNAMENT

**Friday, July 15 – Sunday, July 17**  
Watch Clayton's adult-league water polo team take on teams from around St. Louis and around the country. The dive tank will be closed during the tournament.

### LAST SPLASH CLOSING DAY

**Monday, September 5** 1:00 - 4:00 pm  
Enjoy one last dip in the pool or one last jump off the diving board before we all say, "See you next summer!"

# AQUATICS

## WHERE TO FIND IT

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## PROGRAM CANCELLATION POLICY

Courses will be cancelled five days prior to the start of a session if there is not sufficient enrollment.  
No classes will be held on:

Memorial Day	May 30
Independence Day	July 4

Course fees adjusted upon registration for classes not held on holidays.

## REFUND POLICY

No refunds or make-ups will be given for missed lessons, classes or practices, except those cancelled by the department.

## LOOK FOR THE SYMBOL



This symbol denotes classes that are offered during KID CENTER hours. See page 3 for more information on the KID CENTER hours and prices.



## THE CENTER OF CLAYTON INDOOR AQUATIC CENTER

May 1 - Aug. 20

**Please note:** The Aquatic Center closes 15 minutes prior to the facility.

**Recreational Swim** - The Leisure Pool features water pouring animals, a lazy river, vortex, and two slides, all of which operate during designated recreational swim hours. Recreational swim hours for the week are listed below.

Monday & Wednesday	7:00 pm - 8:30 pm
Tuesday, Thursday & Friday	3:30 pm - 8:30 pm (school year schedule)
	12:30 pm - 8:30 pm (summer recess June 6 - Aug. 12)
Saturday	11:00 am - 6:45 pm
Sunday	11:00 am - 5:45 pm

**Holiday Hours** - The Aquatic Center recognizes holidays and scheduled closings of the Clayton School District. The following days, the Leisure Pool will be open as follows:

Monday, May 30	Memorial Day	11:00 am - 5:45 pm
Monday, July 4	Independence Day	11:00 am - 5:45 pm

**Splash & Play** - Children need time to discover the water outside of structured swim lessons. This special time is set aside for children 6 months to 5 years old and their parents to enjoy the shallow portion of the Leisure Pool. Parents are expected to directly supervise their children. Child members enjoy this program FREE of charge. Splash and play ends at 11:00 am during holiday hours listed above.

May 2 - June 3	Monday - Friday	10:00 am - 12:00 pm
June 6 - August 12	Monday & Wednesday	3:00 pm - 4:00 pm

Non-members may purchase a 10-visit punch card for Splash & Play. Cards are valid during the designated program time only and are on sale at the Welcome Desk. Resident \$30 / Non-Resident \$40

**Water Walking** - Water walking is available during designated hours in the Lazy River area of the Leisure Pool. Water walking through the river must be continuous in either direction. For better traction during the workout, water walkers are advised to wear non-skid shoes in the pool.

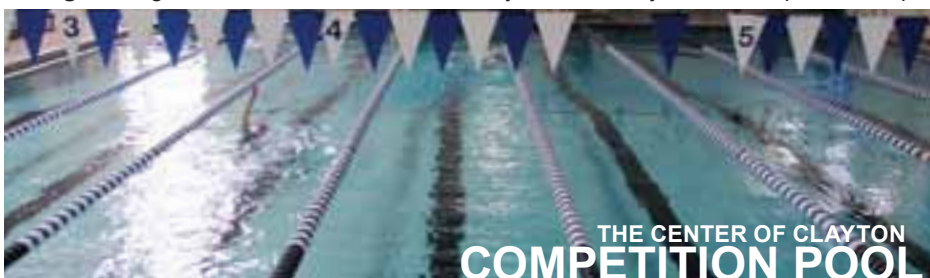
Monday - Friday	6:00 am - 9:00 am	Directional current ON
Monday - Friday	12:00 pm - 3:00 pm	Directional current OFF

Please note: Water walking is subject to change for holiday hours and specialty programs. On days the leisure pool opens at or before 12:30 pm, afternoon water walking is not available.

**Lap Swim** - Lap swim is defined as independent continuous swimming in lap lanes. During all hours that the facility is open, a minimum of two lap lanes are available to the public. For current lap lane availability, please pick up a current lap lane availability chart from the Welcome Desk, pool area or web site.

**Hot Tub** - The hot tub is available all hours that the Aquatic Center is open.

**Diving** - Diving boards are available on Saturdays and Sundays from 2:00 pm to 5:00 pm.



## THE CENTER OF CLAYTON COMPETITION POOL



## PRIVATE SWIM LESSONS

The City of Clayton offers private instruction in swimming and diving. Clients will be contacted within one week of registration to arrange lessons only once all registration materials and payment have been received.

Private instruction forms can be picked up at the Welcome Desk. For a downloadable version, and for a list of all lesson options and costs, please visit our website at [www.claytonmo.gov/aquatics](http://www.claytonmo.gov/aquatics).

PRIVATE SWIM LESSONS	Age: 3+
Four 30-min. lessons	Mem./Resident \$90 Non-Resident \$130
Six 30-min. lessons	Mem./Resident \$130 Non-Resident \$180
Eight 30-min. lessons	Mem./Resident \$170 Non-Resident \$230

PRIVATE DIVING LESSONS	Age: 6+
One 45-min. lesson	Mem./Resident \$30 Non-Resident \$40
Four 45-min. lessons	Mem./Resident \$100 Non-Resident \$140
Eight 45-min. lessons	Mem./Resident \$180 Non-Resident \$240

## SPECIALTY PROGRAMS



**ADAPTED AQUATICS** ages 5-20  
This program features 1-on-1 and 1-on-2 instruction for children with physical and mental disabilities. Special attention is given to each participant's cognitive and motor skills. Strokes are modified to meet participants' capabilities and goals for independent swimming and safety. (Min/Max 1/2)

**Location:** Leisure Pool



	Day	Time	Code
May 4-Jun. 22	Wed.	6:30p-7:00p	11850
May 4-Jun. 22	Wed.	7:00p-7:30p	11851\
Jun. 29-Aug. 17	Wed.	6:30p-7:00p	11852
Jun. 29-Aug. 17	Wed.	7:00p-7:30p	11853
<b>Member \$42</b>			
<b>Resident \$47</b>			
<b>Non-Resident \$57</b>			

**DISCOVER SCUBA DIVING** ages 10+  
Have you always wanted to try scuba, but felt a little apprehensive about all the equipment or the concept of breathing underwater? Set aside your fears and take the plunge in a two-hour Discover Scuba experience! Discover Scuba participants will be briefed by an Aloha Y-Kiki certified scuba instructor and be outfitted in scuba gear. (Min/Max 6/24)

**Prerequisites:** Minimum age is 10 years and a completed and signed Discover Scuba statement, liability release form and medical questionnaire. Contact Aloha Y-Kiki Diving 314-469-8722 for more information and the forms.

**Location:** Competition Pool

	Day	Time	Code
May 7	Sat.	2:00p-4:00p	11941
<b>Member \$25</b>			
<b>Resident \$30</b>			
<b>Non-Resident \$35</b>			

## CERTIFICATION PROGRAMS



**S.C.U.B.A.** ages 10+  
The Center of Clayton, in conjunction with Y-kiki Divers, offers SCUBA (Self-Contained Underwater Breathing Apparatus) which can take you to some of the most exotic and breathtaking destinations on the planet. (Min/Max 4/8)

Cost includes all course materials and equipment for classroom and pool sessions. Open-water dives required for completion of certification are available for an additional fee. Training dives can even be completed on vacation!

**PLEASE NOTE:** Once registration is complete, please contact Y-kiki Divers at 314-469-8722 for course materials, medical and release forms, and equipment sizing.

**Prerequisites:** Minimum age 10 years (children ages 10 to 12 must be accompanied by a parent or guardian enrolled in the class); a completed and signed (by participant and parent if the participant is between 10 and 18 years old) statement of understanding, liability release form, and medical questionnaire; and demonstration of 200-yard swim and 10-minute tread on the first day of class

**Location:** Center of Clayton

	Day	Time	Code
Jun. 17-19	Fri.	6:30p-9:00p	11942
	Sat.	8:00a-5:00p	
	Sun.	10:00a-5:00p	
<b>Member \$250</b>			
<b>Resident \$275</b>			
<b>Non-Resident \$300</b>			



**LIFEGUARD TRAINING** ages 15+  
This course covers lifeguard professionalism, equipment-based rescues, spinal injury management, post-rescue care, CPR, and First Aid. Training and certification for Automated External Defibrillator (AED) and Preventing Disease Transmission (PDT) are also included. Fee includes all class books and supplies. Upon completion, participants will be issued American Red Cross certificates in Lifeguard Training, Community First Aid & Safety, CPR for the Professional Rescuer, AED Essentials, and PDT. (Min/Max 6/18)

**Prerequisites:**

- Minimum age 15 (16 to be employed by Clayton)
- Demonstration of 300-yard continuous swim using front crawl with rhythmic breathing and breaststroke
- Timed 20-yard swim, surface dive to retrieve a 10-pound object, return to surface, and swim back to starting point.

**Location:** The Center of Clayton

	Day	Time	Code
May 13-22	F-Su	See Below	11864
Jun. 3-12	F-Su	See Below	11865
Jul. 8-17	F-Su	See Below	11866

**Class Schedule:** The first weekend class is held on Friday from 6:00 pm to 9:00 pm and on Saturday and Sunday from 9:00 am to 5:00 pm. The second weekend class is held only on Saturday and Sunday from 9:00 am to 5:00 pm. Class does not meet on Friday of the second weekend of this course.

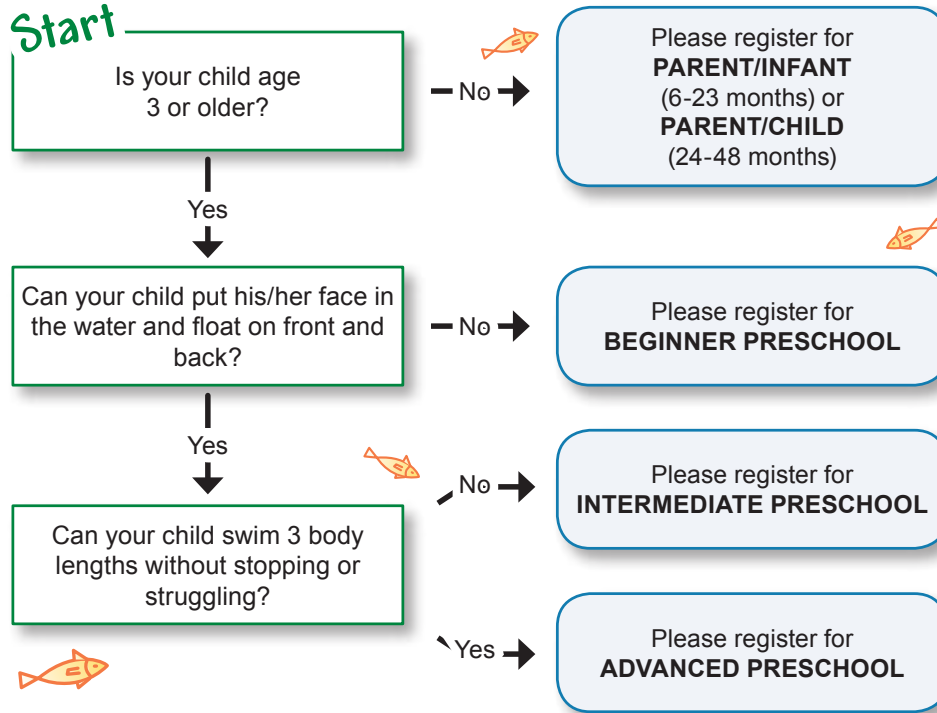
<b>Member \$175</b>
<b>Resident \$190</b>
<b>Non-Resident \$205</b>

# YOUTH SWIM LESSON GUIDE

Ages 6 months up to 5 years

Choosing the right swim lessons is the first step in your child's aquatic education. It is important to select lessons that provide equal amounts of new challenges and old favorites in order to foster confidence, skill progression, endurance, and safe water practices.

We have outlined the critical prerequisite skills that determine class placement. Please use the flow chart to help identify the swim class that most appropriately matches your child's swimming skill level.



## PARENT AND CHILD LESSONS

The Parent & Child lessons provide infants and toddlers with experiences and activities which promote learn-to-swim skills. Children will learn safe entry, exploring buoyancy on front and back, gliding on front and back, and submerging under water. Classes are divided by age.

### PARENT/INFANT SWIM LESSONS

ages 6-23 months

Location:	Leisure Pool	KID
Day	Time	Code
May 2-Jun. 20	Mon. 5:00p-5:30p	11598
May 3-26	Tu, Th 9:30a-10:00a	11597
May 4-Jun. 22	Wed. 5:00p-5:30p	11595
May 4-Jun. 22	Wed. 5:45p-6:15p	11596
May 7-Jun. 25	Sat. 8:15a-8:45a	11593
May 7-Jun. 25	Sat. 10:30a-11:00a	11594
Jun. 29-Aug. 17	Wed. 5:00p-5:30p	11602
Jun. 29-Aug. 17	Wed. 5:45p-6:15p	11603
Jul. 9-Aug. 20	Sat. 8:15a-8:45a	11600
Jul. 9-Aug. 20	Sat. 10:30a-11:00a	11601

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th 10:15a-10:45a	11904
Jul. 5-28	Tu, Th 10:15a-10:45a	11906

### PARENT/CHILD SWIM LESSONS

ages 24-48 months

Location:	Leisure Pool	KID
Day	Time	Code
May 2-Jun. 20	Mon. 4:15p-4:45p	11607
May 4-Jun. 22	Wed. 4:15p-4:45p	11605
May 7-Jun. 25	Sat. 8:15a-8:45a	11606
May 7-Jun. 25	Sat. 10:30a-11:00a	11608
Jun. 29-Aug. 17	Wed. 4:15p-4:45p	11609
Jul. 9-Aug. 20	Sat. 8:15a-8:45a	11610
Jul. 9-Aug. 20	Sat. 10:30a-11:00a	11612

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th 9:30a-10:00a	11908
Jul. 5-28	Tu, Th 9:30a-10:00a	11910

## PRESCHOOL LESSONS

The Preschool program is divided into 3 categories: Beginner, Intermediate, and Advanced. Each level builds on the skills of the previous level through guided practice. Beginner Preschool orients children to the aquatic environment. Intermediate Preschool helps children gain greater independence. Advanced Preschool helps children start to gain basic swimming propulsive skills.

### BEGINNER PRESCHOOL

ages 3-4

Location: Leisure Pool

Day	Time	Code
May 2-Jun. 20	Mon. 5:45p-6:15p	11617
May 2-Jun. 20	Mon. 6:30p-7:00p	11618
May 3-26	Tu, Th 9:00a-9:30a	11619
May 4-Jun. 22	Wed. 5:45p-6:15p	11613
May 4-Jun. 22	Wed. 6:30p-7:00p	11614
May 7-Jun. 25	Sat. 9:45a-10:15a	11615
May 7-Jun. 25	Sat. 8:15a-8:45a	11616
Jun. 29-Aug. 17	Wed. 5:45p-6:15p	11621
Jun. 29-Aug. 17	Wed. 6:30p-7:00p	11622
Jul. 9-Aug. 20	Sat. 9:45a-10:15a	11623
Jul. 9-Aug. 20	Sat. 8:15a-8:45a	11624

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th 10:15a-10:45a	11916
Jul. 5-28	Tu, Th 10:15a-10:45a	11918

### INTERMEDIATE PRESCHOOL

ages 3-4

Location: Leisure Pool

Day	Time	Code
May 2-Jun. 20	Mon. 5:00p-5:30p	11746
May 3-26	Tu, Th 10:00a-10:30a	11747
May 4-Jun. 22	Wed. 5:00p-5:30p	11743
May 7-Jun. 25	Sat. 9:00a-9:30a	11744
May 7-Jun. 25	Sat. 10:30a-11:00a	11745
Jun. 29-Aug. 17	Wed. 5:00p-5:30p	11749
Jul. 9-Aug. 20	Sat. 9:00a-9:30a	11750
Jul. 9-Aug. 20	Sat. 10:30a-11:00a	11751

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th 9:30a-10:00a	11920
Jul. 5-28	Tu, Th 9:30a-10:00a	11922

### ADVANCED PRESCHOOL

ages 3-4

Location: Leisure Pool

Day	Time	Code
May 2-Jun. 20	Mon. 5:45p-6:25p	11772
May 3-26	Tu, Th 10:30a-11:10a	11773
May 4-Jun. 22	Wed. 4:15p-4:55p	11774
May 4-Jun. 22	Wed. 5:45p-6:25p	11777
May 7-Jun. 25	Sat. 9:00a-9:40a	11775
May 7-Jun. 25	Sat. 9:45a-10:25a	11776
Jun. 29-Aug. 17	Wed. 4:15p-4:55p	11799
Jun. 29-Aug. 17	Wed. 5:45p-6:25p	11802
Jul. 9-Aug. 20	Sat. 9:00a-9:40a	11800
Jul. 9-Aug. 20	Sat. 9:45a-10:25a	11801

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th 10:15a-10:45a	11924
Jul. 5-28	Tu, Th 10:15a-10:45a	11926

Member \$42 - Pass Holder/Resident \$47 - Non-Resident \$57



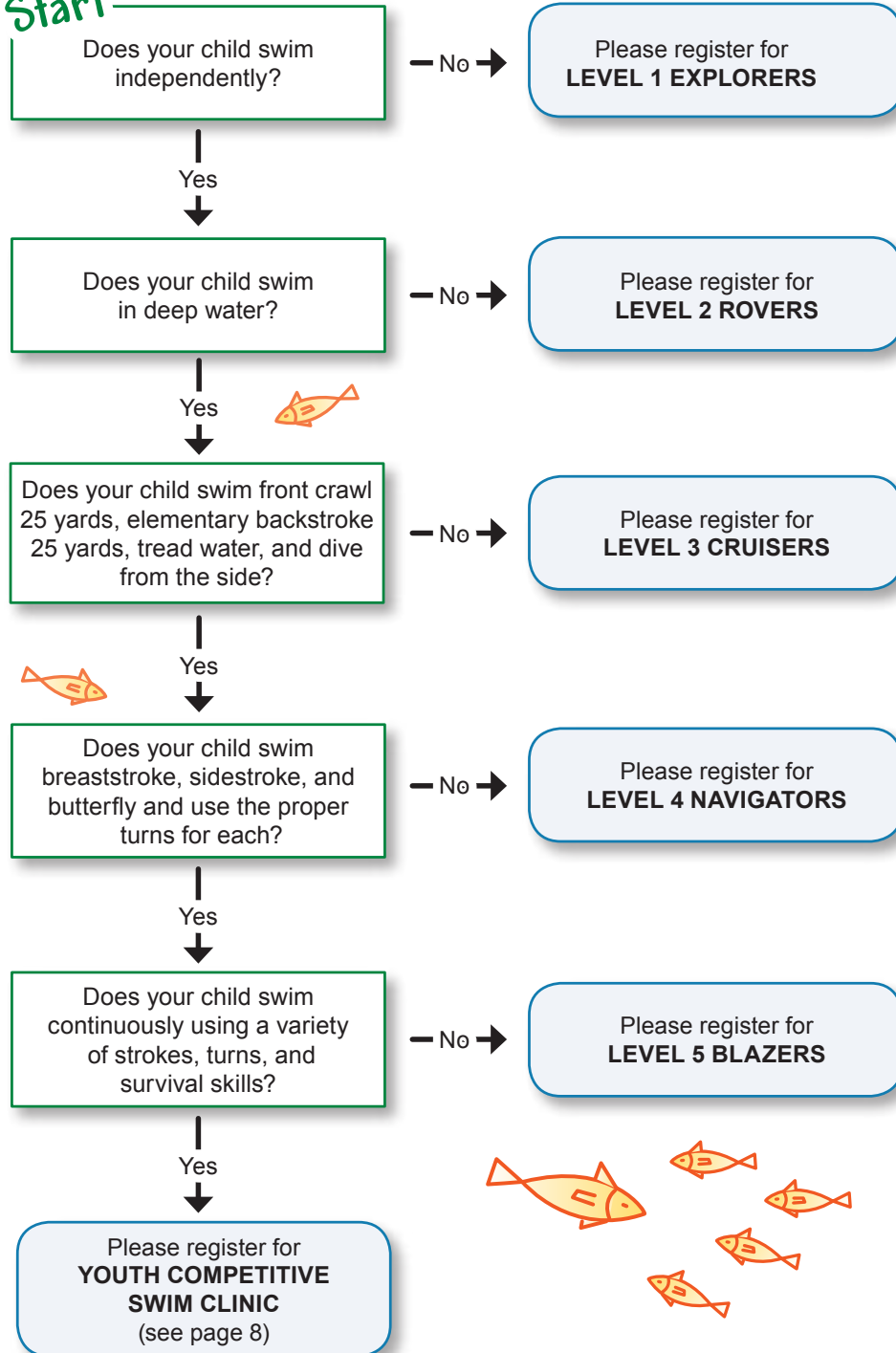
# YOUTH SWIM LESSON GUIDE

Ages 5 years and over

Choosing the right swim lessons is the first step in your child's aquatic education. It is important to select lessons that provide equal amounts of new challenges and old favorites in order to foster confidence, skill progression, endurance, and safe water practices.

We have outlined the critical prerequisite skills that determine class placement. Please use the flow chart to help identify the swim class that most appropriately matches your child's swimming skill level.

**Start**



Price based on 8 week session. Fees adjusted upon registration for shorter sessions.

**Member \$42 - Pass Holder/Resident \$47 - Non-Resident \$57**

## YOUTH SWIM LESSONS

### LEVEL 1: EXPLORERS



Location: Leisure Pool

	Day	Time	Code
May 2-Jun. 20	Mon.	4:15p-4:55p	11811
May 2-Jun. 20	Mon.	5:00p-5:40p	11816
May 4-Jun. 22	Wed.	4:15p-4:55p	11813
May 4-Jun. 22	Wed.	5:00p-5:40p	11815
May 7-Jun. 25	Sat.	9:45a-10:25a	11812
May 7-Jun. 25	Sat.	9:00a-9:40a	11814
Jun. 29-Aug. 17	Wed.	4:15p-4:55p	11819
Jun. 29-Aug. 17	Wed.	5:00p-5:40p	11821
Jul. 9-Aug. 20	Sat.	9:00a-9:40a	11820
Jul. 9-Aug. 20	Sat.	9:45a-10:25a	11818

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th	10:15a-10:55a	11928
Jul. 5-28	Tu, Th	10:15a-10:55a	11930

### LEVEL 2: ROVERS



Location: Leisure Pool

	Day	Time	Code
May 2-Jun. 20	Mon.	4:15p-4:55p	11822
May 2-Jun. 20	Mon.	5:00p-5:40p	11825
May 4-Jun. 22	Wed.	4:15p-4:55p	11824
May 4-Jun. 22	Wed.	5:00p-5:40p	11827
May 7-Jun. 25	Sat.	8:15a-8:55a	11823
May 7-Jun. 25	Sat.	9:45a-10:25a	11826
Jun. 29-Aug. 17	Wed.	4:15p-4:55p	11830
Jun. 29-Aug. 17	Wed.	5:00p-5:40p	11832
Jul. 9-Aug. 20	Sat.	8:15a-8:55a	11829
Jul. 9-Aug. 20	Sat.	9:45a-10:25a	11831

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th	9:30a-10:10a	11931
Jul. 5-28	Tu, Th	9:30a-10:10a	11933

### LEVEL 3: CRUISERS



Location: Competition Pool

	Day	Time	Code
May 2-Jun. 20	Mon.	5:45p-6:25p	11833
May 4-Jun. 22	Wed.	5:45p-6:25p	11835
May 7-Jun. 25	Sat.	9:00a-9:40a	11834
Jun. 29-Aug. 17	Wed.	5:45p-6:25p	11838
Jul. 9-Aug. 20	Sat.	9:00a-9:40a	11837

Location: Shaw Park Aquatic Center

Jun. 7-30	Tu, Th	9:30a-10:10a	11934
Jul. 5-28	Tu, Th	9:30a-10:10a	11936

### LEVEL 4: NAVIGATORS



Location: Competition Pool

	Day	Time	Code
May 2-Jun. 20	Mon.	6:30p-7:10p	11839
May 4-Jun. 22	Wed.	6:30p-7:10p	11841
May 7-Jun. 25	Sat.	10:30a-11:10a	11840
Jun. 29-Aug. 17	Wed.	6:30p-7:10p	11843
Jul. 9-Aug. 20	Sat.	10:30a-11:10a	11842

### LEVEL 5: BLAZERS



Location: Competition Pool

	Day	Time	Code
May 2-Jun. 20	Mon.	6:30p-7:10p	11844
May 4-Jun. 22	Wed.	6:30p-7:10p	11846
May 7-Jun. 25	Sat.	10:30a-11:10a	11845
Jun. 29-Aug. 17	Wed.	6:30p-7:10p	11849
Jul. 9-Aug. 20	Sat.	10:30a-11:10a	11848

## ADVANCED SWIM LESSONS

### YOUTH COMPETITIVE SWIM CLINIC

ages 8-16

Swimmers interested in maintaining personal fitness through lap swimming will enjoy this coached workout. Students focus on improving endurance and efficiency in the four competitive strokes, and practice starts, turns, lap swim etiquette, and physical conditioning. (Min/Max 4/8)

**Prerequisite:** Successful completion of Level 5 or demonstration of all Level 5 skills.

**Location:** Competition Pool



	Day	Time	Code
May 1-Jun. 19	Sun.	4:00p-5:00p	11856
May 7-Jun. 25	Sat.	10:30a-11:30a	11855
Jul. 9-Aug. 20	Sat.	10:30a-11:30a	11857

**Member \$52**  
**Resident \$57**  
**Non-Resident \$67**

## DIVING LESSONS

### SPRINGBOARD DIVING

ages 7-14

Spring into the water with diving lessons! Learn the fundamentals of springboard diving, beginning with simple body movements, forward and backward entries, and board work. Instructors will introduce new students to basic dives from the one-meter springboard and provide individual instruction for more experienced divers. Price based on 8 week session. Course fees adjusted upon registration for shorter sessions. (Min/Max 4/12)

**Location:** Competition Pool

	Day	Time	Code
May 1-Jun. 19	Sun.	4:00p-5:30p	11867

**Member \$59**  
**Resident \$69**  
**Non-Resident \$79**

## ADULT SWIM LESSONS

### ADULT SWIM LESSONS

ages 16+

Instructors provide instruction for participants assigned to one of two groups: **Level 1: Water Adjustment and Stroke Development** helps new swimmers explore the water and build confidence for breathing and stroke development.

**Level 2: Endurance and Efficiency** helps seasoned swimmer refine strokes and build endurance for a longer, more efficient swim. (Min/Max 4/8)



**Location:** Leisure and Competition Pools

	Day	Time	Code
May 2-Jun. 20	Mon.	6:30p-7:00p	11860
May 4-Jun. 22	Wed.	6:30p-7:00p	11859
Jun. 29-Aug. 17	Wed.	6:30p-7:00p	11861

**Member \$42**  
**Resident \$47**  
**Non-Resident \$57**

## SUMMER RECREATIONAL TEAMS

### CLAYTON RECREATIONAL SWIM TEAM

ages 5-14

Join the Clayton Tideriders! This seven-week recreational swim team offers both instruction and competition to swimmers who need a little of each. Participants will focus on the four competitive strokes, racing starts, and conditioning. Each participant should bring his/her own goggles and cap. Several fun meets will be scheduled during the season; meet schedule and team activity calendar will be distributed during the first week of practice. Presented by Clayton Parks & Recreation in cooperation with the Clayton Shaw Park (CSP) swim team. (Min/Max 24/40)

**Prerequisite:** Demonstration of 25-yard deep-end swim without stopping or struggling.

**Location:** Monday and Wednesday practices held at Shaw Park Aquatic Center. Tuesday and Thursday practices held at The Center of Clayton.



Ages 5-8	Day	Time	Code
Jun. 6-Jul. 21	M-Th	5:15p-6:15p	11937

Ages 9-14	Day	Time	Code
Jun. 6-Jul. 21	M-Th	6:00p-7:15p	11938
<b>Passholder/Resident \$120</b>			
<b>Non-Resident \$150</b>			

### CLAYTON RECREATIONAL DIVE TEAM

ages 7-14

This six-week diving program offers instruction and competition through affiliation with the Southwest St. Louis County Municipal Dive League. Participants will focus on the five dive groups, forward and backward entries, and approaches on the 1-meter springboard. Meets will be held in Clayton and other facilities in the St. Louis area. (Min/Max 24/40)

**Prerequisite:** Demonstration of 25-yard deep-end swim without stopping or struggling.

**Location:** Monday and Wednesday practices held at The Center of Clayton. Tuesday and Thursday practices held at Shaw Park Aquatic Center.



	Day	Time	Code
Jun. 6-Jul. 14	M-Th	4:00p-5:30p	11939
<b>Passholder/Resident \$110</b>			
<b>Non-Resident \$140</b>			

## AQUATIC TEAMS AND CLUBS

Are you interested in exploring different avenues of aquatic fitness? These organizations operate in the City of Clayton and offer numerous opportunities for instruction and training in aquatic specialty areas. Please call them directly for more information:

Clayton Diving Alliance	314-308-5525
Clayton Shaw Park Swim Team (CSP)	314-727-7946
Clayton Water Polo (Adult)	314-727-1177
Strike Zone Water Polo (Youth)	314-862-2907

### SLAM - MASTERS SWIM

ages 18+

SLAM - Masters Swim is a St Louis Area Masters swim program offered at The Center of Clayton. This program is led by coaches from the St Louis area. Membership to United States Masters Swimming (USMS) is required for the program. Please visit their website at [www.usms.org](http://www.usms.org) for more information about joining or renewing your membership. (Min/Max 4/20)

**Location:** Competition Pool

	Day	Time	Code
May 2-Jun. 22	M, W	8:20p-9:45p	11862
Jun. 27-Aug. 17	M, W	8:20p-9:45p	11863

**Member \$35**  
**Resident \$57**  
**Non-Resident \$79**

## SLAM PARTICIPATION OPTIONS

### 1. PROGRAM REGISTRATION

Registration entitles (and motivates) participants to attend all scheduled class meetings.

### 3. PAY-BY-DAY

For \$8 a visit, anyone, regardless of resident or membership status, may attend any SLAM class, provided it is not already filled with preregistered participants.

### 2. SLAM CHANCE CARDS

A chance card allows the user to attend 10 SLAM classes provided they are not filled with preregistered participants.

**Chance Card Fees:** **Member \$55**  
**Resident \$60**  
**Non-Resident \$70**



# Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:15a</b>		Water Aerobics 11892 / 11897		Water Aerobics 11895 / 11900			
<b>8:00a</b> <b>KID</b>						Water Aerobics 11893 / 11898	
<b>9:15a</b> <b>KID</b>	Shallow & Deep Water Combo 11874 / 11877	Water Aerobics 11894 / 11899	Shallow & Deep Water Combo 11875 / 11878	Water Aerobics 11896 / 11901	Shallow & Deep Water Combo 11876 / 11879		
<b>10:30a</b> <b>KID</b>	Senior Water Exercise 11868 / 11871	Water Works! 11884 / 11886	Senior Water Exercise 11869 / 11872	Water Works! 11885 / 11887	Senior Water Exercise 11870 / 11873		
<b>5:45p</b> <b>KID</b>	Current Calisthenics 11888 / 11890		Current Calisthenics 11889 / 11891				
<b>7:20p</b>		Aqua Circuit Training 11880 / 11882		Aqua Circuit Training 11881 / 11883			

## Key

Water Aerobics  
10556 / 10560

Class Name

Sum. 1 / Sum. 2  
Session Codes

Summer 1: May 1 - June 25  
Summer 2: June 26 - August 20

**Member \$8**

**Resident \$34**

**Non-Resident \$38**

## PARTICIPATION OPTIONS

### 1. PROGRAM REGISTRATION

Registration entitles (and motivates) participants to attend all scheduled class meetings.

### 3. PAY-BY-DAY

For \$8 a visit, anyone, regardless of resident or membership status, may attend any water fitness, provided it is not already filled with preregistered participants.

### 2. CHANCE CARDS

A chance card allows the user to attend water fitness classes provided they are not filled with preregistered participants.

**Chance Card Fees:** **Member \$55**  
**Resident \$60**  
**Non-Resident \$70**

## LOOK FOR THE SYMBOL



This symbol denotes programs that are great for older adults.

## LOW/MODERATE INTENSITY

### SENIOR WATER EXERCISE *ages 60+*

Improve overall balance, muscle strength, cardiovascular efficiency and endurance in this moderately paced warm-water aerobic workout. (Min/Max 6/24)

**Location:** Leisure Pool

### WATER WORKS! *ages 16+*

Give attention to muscles and joints affected by Arthritis, MS, Osteoporosis and Fibromyalgia in this no/low-impact movement class. (Min/Max 6/16)

**Location:** Leisure Pool

## MODERATE/HIGH INTENSITY

### SHALLOW & DEEP WATER EXERCISE COMBO *ages 16+*

Shallow-water aerobic workout, deep-water resistance and strengthening workout and a warm-down for relaxation and stretching. (Min/Max 6/24)

**Location:** Competition Pool

### AQUA CIRCUIT TRAINING *ages 16+*

High intensity class that alternates toning exercises with cardiovascular work to give you a class that does it all. A.C.T. is an excellent way to both build strength and stamina. (Min/Max 6/24)

**Location:** Competition Pool

### CURRENT CALISTHENICS *ages 16+*

Tone muscles, build strength and improve stamina by exercising with and against the Lazy River current. (Min/Max 6/16)

**Location:** Leisure Pool

### WATER AEROBICS *ages 16+*

A fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance. (Min/Max 6/24)

**Location:** Competition Pool

## OUTDOOR WATER FITNESS

### SHARON WINSTEIN'S AQUA MOTION *ages 16+*

This water fitness class is great fun! It provides complete conditioning for every muscle group, plus strengthening, stretching, posture training, and fat burning all in one workout. Accelerate to a brisk aerobic pace without breaking a sweat. Rigid kickboards required. Class will not be held on Friday June 24th or July 4th. (Min/Max 6/18)

**Location:** Shaw Park Aquatic Center

**Day Time Code**

Jun. 6-Aug. 19 M, W, F 10:30a-11:30a 11940

**Passholder/Resident \$125**

**Non-Resident \$140**

### WATER AEROBICS *ages 16+*

Shaw Park Aquatic Center season pass-holders may also enjoy a free drop-in Water Aerobics program in addition to other benefits. Punch cards are available for non-season pass holders.

June 7 – August 11

Tuesday & Thursday 9:30 am – 10:30 am

# CLIMBING WALL

## RENT THE WALL, HAVE SOME FUN

Private groups may rent our 500-square foot climbing wall for their next group outing! Each group will be supervised by climbing wall staff members. Fee of \$100 for residents and \$120 for non-residents includes gear rental and 2 hours of climb time with The Center of Clayton's certified belayers. In order to provide climb time for each participant, we recommend a maximum of 10 climbers an hour. For parties wanting more than 2 hours of climb time, a fee of \$50 per hour for residents \$60 per hour for non-residents will be added.

For additional information, please contact Tim Hohenstein at 314-290-8519 or [thohenstein@ci.clayton.mo.us](mailto:thohenstein@ci.clayton.mo.us).

## PRIVATE CLIMBING LESSONS

Improve your climbing and belaying technique by taking private lessons at The Center. Classes are arranged by the instructor and participants.

One 60 minute lesson

**Member/Resident \$35**

**Non-Resident \$40**

**Each additional person \$10**

Four 60 minute lessons

**Member/Resident \$105**

**Non-Resident \$120**

**Each additional person \$20**

Belay Certification 120 minutes (ages 18+)

**Member/Resident \$45**

**Non-Resident \$50**

**Each additional person \$20**

Youth Certification 180 minutes (ages 13-17)

**Member/Resident \$65**

**Non-Resident \$70**

**Each additional person \$20**

## Open Climb

Open climb is time scheduled for anyone ages 5+ to climb the wall. No registration is necessary to attend. See the safety guidelines above for requirements. Staff reserves the right to not allow guests to handle a belay if the guest does not pass the safety test or if it's determined the belayer is displaying unsafe behavior.

Center certified staff will offer belay and limited instruction during this time. Climbing may be limited dependent on total number of guests climbing.

Bouldering (climbing without ropes) is allowed for all guests during open climbing. When bouldering a climbers head may not exceed 12' above the floor. Staff has the right to modify this height to under 12 feet due to a climber's age or ability.

### Hours:

Monday - Wednesday

5:30 pm - 9:00 pm

Saturday & Sunday

1:30 pm - 4:00 pm

### Climbing Fees

**Member: Free**

**Resident: \$10**

**Non-Resident: \$12**

\*Equipment (Shoes, Harness & Belay Device) and belayer is included in the climbing fee. Residents and Non-Resident can subtract \$5 from their fee if using their own equipment.

### 10-VISIT PUNCH CARD

The punch card offers a great value to frequent climbers for open climbing sessions. Valid only for open climb hours, you must pass The Center's safety test prior to purchasing the punch card. Cards cannot be replaced if lost or stolen.

### PUNCH CARD FEES:

**Resident: \$40**

**Non-Resident: \$50**





## YOUTH CLIMBING PROGRAMS

### PARENT/CHILD CLIMB

ages 5+

Enjoy rock climbing with your family or friends, no experience necessary! Our instructors will teach you all about climbing, belaying, knot tying and team building. Get to know your family and friends in a whole new way! All participants must register individually. Children 8 years old and under \$5 off. (Min/Max 2/12)

**Location:** Climbing Wall

	Day	Time	Code
May 7-21	Sat.	12:00p-1:00p	11741
June 4-18	Sat.	12:00p-1:00p	11742
July 9-23	Sat.	12:00p-1:00p	11753
August 6-20	Sat.	12:00p-1:00p	11754

**Member \$30**

**Resident \$35**

**Non-Resident \$45**

### KID'S CLIMB

ages 5-13

This is a fun and exciting rock climbing class for KIDS! Our experienced climbing staff will teach kids the basics of climbing in an enthusiastic and encouraging environment. No experience is necessary. (Min/Max 2/6)

**Location:** Climbing Wall

	Day	Time	Code
May 7-21	Sat.	10:00a-11:00a	11755
May 8-22	Sun.	12:00p-1:00p	11756
June 4-18	Sat.	10:00a-11:00a	11757
June 5-19	Sun.	12:00p-1:00p	11758
July 9-23	Sat.	10:00a-11:00a	11759
July 10-24	Sun.	12:00p-1:00p	11760
August 6-20	Sat.	10:00a-11:00a	11761
August 7-21	Sun.	12:00p-1:00p	11762

**Member \$45**

**Resident \$50**

**Non-Resident \$60**

### CLIMBING CLUB

ages 8-13

The club will meet once a week and participants will play climbing games, receive T-shirts and most of all have fun climbing. Center Staff will provide belay, supervision and instruction. All equipment is provided and no experience is necessary. (Min/Max 2/8)

**Location:** Climbing Wall

	Day	Time	Code
May 6-June 24	Fri.	6:30p-7:30p	11763

**Member \$90**

**Resident \$110**

**Non-Resident \$125**

### YOUTH ROCK CLIMBING 101

ages 7-13

This introduction to rock climbing class was designed with your kid in mind! Climbers will learn all about terminology, equipment, safety and the importance of proper climbing, stretching and routing techniques. (Min/Max 2/6)

**Location:** Climbing Wall

	Day	Time	Code
May 4-25	Wed.	4:00p-4:45p	11764
June 1-22	Wed.	4:00p-4:45p	11765
July 6-27	Wed.	4:00p-4:45p	11766
August 3-24	Wed.	4:00p-4:45p	11767

**Member \$40**

**Resident \$45**

**Non-Resident \$55**

### COSMIC CLIMB

ages 10-16

If you think Cosmic Bowling is fun then you'll LOVE Cosmic Climbing. Bring you and a friend to this new take on rock climbing. Enjoy music and climbing at night under psychedelic lights! (Min/Max 3/10)

**Location:** Climbing Wall

	Day	Time	Code
May 6	Fri.	7:30p-8:30p	11779
May 20	Fri.	7:30p-8:30p	11780
June 3	Fri.	7:30p-8:30p	11781
June 17	Fri.	7:30p-8:30p	11782
July 1	Fri.	8:30p-9:30p	11783
July 15	Fri.	8:30p-9:30p	11784
August 5	Fri.	8:30p-9:30p	11785
August 19	Fri.	8:30p-9:30p	11786

**Member \$5**

**Resident \$10**

**Non-Resident \$15**

## ADULT CLIMBING PROGRAMS

### ADULT ROCK CLIMBING 101

ages 18+

This two day course is an introduction to indoor rock climbing. Climbers will learn about equipment, safety, body movement, technique and terminology needed in climbing. Climbers will also become belay certified and receive a complimentary 10 visit punch card to use for admission to open climb times. Register with a friend and that person will receive 50% off registration. GREAT VALUE! (Min/Max 2/8)

**Location:** Climbing Wall

	Day	Time	Code
May 13-20	Thu.	8:00p-9:00p	11768
June 10-17	Thu.	8:00p-9:00p	11769
July 14-21	Thu.	8:00p-9:00p	11770
August 11-18	Thu.	8:00p-9:00p	11771

**Member \$40**

**Resident \$50**

**Non-Resident \$60**

### CARDIO CLIMBING

ages 18+

Get your sweat on at the rock wall. Enjoy this fun cardio based climbing class for adults. Our experienced instructors will guide you through multiple climbing routes based on improving your climbing ability and also increasing your heart rate. (Min/Max 2/8)

**Location:** Climbing Wall

	Day	Time	Code
May 5-12	Thu.	7:00p-8:00p	11787
June 2-9	Thu.	7:00p-8:00p	11788
July 7-14	Thu.	7:00p-8:00p	11789
August 4-11	Thu.	7:00p-8:00p	11790

**Member \$30**

**Resident \$35**

**Non-Resident \$40**

## YOUTH AND ADULT CLIMBING CLINICS

### BOULDERING CLINIC

ages 5+

Our knowledgeable climbing staff will teach you the ins and outs of Bouldering. This clinic will teach you a fun new way to climb in a safe environment. (Min/Max 3/8)

**Location:** Climbing Wall

	Day	Time	Code
May 19	Thu.	6:00p-7:00p	11791
May 26	Thu.	6:00p-7:00p	11792
June 16	Thu.	6:00p-7:00p	11793
June 23	Thu.	6:00p-7:00p	11794
July 14	Thu.	6:00p-7:00p	11795
July 21	Thu.	6:00p-7:00p	11796
August 18	Thu.	6:00p-7:00p	11797
August 25	Thu.	6:00p-7:00p	11798

**Member \$5**

**Resident \$10**

**Non-Resident \$15**

### PERFORMANCE CLIMBING

ages 5+

Our experienced climbing staff will teach you ways to improve your rock climbing performance. This clinic is a great way to tighten up your skills before your next open climb or your next climbing excursion. (Min/Max 3/8)

**Location:** Climbing Wall

	Day	Time	Code
May 19	Thu.	7:00p-8:00p	11803
May 26	Thu.	7:00p-8:00p	11804
June 16	Thu.	7:00p-8:00p	11805
June 23	Thu.	7:00p-8:00p	11806
July 14	Thu.	7:00p-8:00p	11807
July 21	Thu.	7:00p-8:00p	11808
August 18	Thu.	7:00p-8:00p	11809
August 25	Thu.	7:00p-8:00p	11810

**Member \$5**

**Resident \$10**

**Non-Resident \$15**

# Community Recreation


## LET US KNOW

Is there is a special interest class you would like to see offered? Please let us know. Contact Ann Jacobs, Recreation Supervisor at 314-290-8505 or email at [ajacobs@ci.clayton.mo.us](mailto:ajacobs@ci.clayton.mo.us).

## YOUTH PROGRAMS

### SAY YES TO ART: YOUTH CLASS

ages 6-9

 Artmart, St. Louis premier family owned art supply store is inspiring creativity in children. The program helps kids express themselves and find their inner artist. Marla Dell, Artist Ambassador, leads art projects designed specifically to meet the interest and age ranges of children. **Pre-registration is required.** (Min/Max 7/13)

Location: OASIS Room B



	Day	Time	Code
<b>Water Colors</b>			
June 8	Wed.	6:00p-7:00p	11993
<b>Pastels</b>			
July 13	Wed.	6:00p-7:00p	11994
<b>Construction</b>			
August 10	Wed.	6:00p-7:00p	11995
<b>Free Program</b>			

### BABYSITTER TRAINING

ages 11-15

The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Participants will receive a manual, CD Rom, and a certificate upon completion. (Min/Max 6/12)

Location: OASIS Room A



	Day	Time	Code
May 21	Sat.	8:00a-3:00p	11902
August 6	Sat.	8:00a-3:00p	11903
<b>Member \$45</b>			
<b>Resident \$50</b>			
<b>Non-Resident \$55</b>			

## HOW TO SURVIVE AND SUCCEED AT MIDDLE SCHOOL

ages 10+

In this fun and informative class, learn tips and tricks on how to keep track of school paperwork, use a planner to manage your time effectively, organize your backpack and locker, and create a super study zone at home. Start the school year off right by learning how to carry less stuff, get more done, and have more time for fun! Pre-Registration is required and must be received by August 4. Fee is for one parent and child to attend. Additional child is \$10 each. (Min/Max 6/10)

Location: Meeting Room A

	Day	Time	Code
August 11	Thu.	7:30p-9:00p	11998
<b>Member /Resident \$20</b>			
<b>Non-Resident \$22</b>			
<b>Additional Child \$10</b>			

## GUITAR WITH RON BUSCH

ages 8+

This class is designed for beginner and advance beginner players. Topics will include positioning of the guitar, developing hand-eye-mind coordination, technique and relevant music theory. Class will cover tuning, open chords, simple scales, strumming and finger picking styles and easy popular songs to play and enjoy. Students need to bring an acoustic or electric guitar to class. Sheet music is provided. Instructor: Master Guitarist Ron Busch. (Min/Max 6/10)


Location: OASIS Room A



	Day	Time	Code
May 2-Jun. 27	Mon.	4:00p-5:30p	11996
Jul. 11-Aug. 29	Mon.	4:00p-5:30p	11997
<b>Member \$155</b>			
<b>Resident \$175</b>			
<b>Non-Resident \$190</b>			

## BUILD A RAIN GARDEN

ages 18+

 Storm water regulations and green living has driven MSD to educate the community on storm water best management practices. A bioretention area, sometimes referred to as a 'rain garden,' is a best management practice that is an attractive landscape feature planted with perennial native plants. Rain gardens can be used in settings from residential landscapes to large commercial sites, or anywhere in between, and improve water quality. Presented by Roland Biehl, Environmental Specialist, Metropolitan St. Louis Sewer District (MSD). (Min/Max 10/25)

Location: Meeting Room C




	Day	Time	Code
June 14	Tue.	7:00p-8:00p	12013
<b>Free Program</b>			

## YOUTH TO ADULT PROGRAMS

### BEGINNING BRIDGE

ages 18+


 Course is designed for those who have never played the game (or who played so long ago they don't remember!). Class will cover the rules, scoring, point-count, standard American bidding system and tips on playing offense and defense. In each session, players will play hands, with 'hands-on' coaching. Instructor, Tim Poor. (Min/Max 8/16)

Location: OASIS Room A

	Day	Time	Code
May 3-Jun. 7	Tue.	6:30p-8:30p	11991
<b>Member \$80</b>			
<b>Resident \$88</b>			
<b>Non-Resident \$96</b>			

### INTERMEDIATE BRIDGE

ages 18+


 Course is designed for those who know how to play the game, but need a refresher course and want to improve their game. Class will include a refresher on standard American bidding system, advanced bidding options, card signaling and introduction to duplicate bridge. Most sessions will be devoted to playing, with on-site coaching and discussion of hands. Instructor, Tim Poor. (Min/Max 8/16)

Location: OASIS Room A

	Day	Time	Code
May 5-Jun. 9	Thu.	6:30p-8:30p	11992
<b>Member \$80</b>			
<b>Resident \$88</b>			
<b>Non-Resident \$96</b>			

### HEALTHY HIKES

ages 50+

 Walking is one of the easiest ways to get in shape. You just need a pair of comfortable shoes and a little motivation to get out there and start moving. Clayton Parks & Recreation Department and walk volunteers will coordinate this free 10-week walking program that will explore Forest Park, Clayton neighborhoods and the surrounding area. The group will meet in Shaw Park the first week and a list of walk locations for the following weeks will be provided. Wear comfortable walking shoes. Walking time: Approximately 1 hour. Participants must provide their own transportation to walk locations. Registration is required. (Min/Max 5/15)

Location: Shaw Park South Shelter

	Day	Time	Code
Jun. 9-Jul. 28	Thu.	9:30a-10:30a	11999
<b>Free Program</b>			



## YOUTH FITNESS PROGRAMS

### KIDS 'N MOTION

ages 2-6

Taught by well-known Occupational Therapist, Erica Furrer, Kids 'n Motion is an all-inclusive class for kids ages 2+ emphasizing fitness and exercise. Through games and fun, kids learn flexibility, circuit training, and cardio. This class's unique format also encourages development of Gross Motor Skills: Balance, Coordination, Motor planning, and Sports Skills. Instill a love of fitness in your children while they are young, and they will know no other way. Sessions are 7 weeks. (Min/Max 6/10)

**Location:** Youth Activity Center and \*OASIS Room A

	Day	Time	Code
May 3-June 21	Tue.	9:30a-10:15a	11645
*June 28-Aug. 16	Tue.	9:30a-10:15a	11670

**Instructor** Erica Furrer  
**Member \$85**  
**Resident \$89**  
**Non-Resident \$94**

### FENCING - YOUTH

ages 7-14

Looking for an exciting new physical activity for your child? Coach Hossam returns to The Center of Clayton to offer a class geared towards athletes with little or no experience in fencing. Now they can participate in a sport that develops athleticism, critical thinking, sportsmanship and competitiveness. Fencing provides children a dynamic and creative outlet for their energies. Its intensity and fast pace will keep them coming back for more. Coach Hossam, former coach of the National Egyptian team, has 32 years of fencing experience. He has trained many internationally ranked athletes, including the Egyptian men's foil team, who qualified for the 2004 Olympic Games in Athens. Private fencing instruction now available. See page 22 for more information. (Min/Max 6/12)

**Location:** Aerobics Room

	Day	Time	Code
May 1-June 19	Sun.	1:00p-1:55p	11983
May 4-June 22	Wed.	7:00p-8:00p	11981
May 7-June 25	Sat.	9:00a-10:00a	11982
June 26-Aug 14	Sun.	1:00p-1:55p	11986
June 29-Aug. 17	Wed.	7:00p-8:00p	11984
July 2-Aug. 20	Sat.	9:00a-10:00a	11985

**Instructor** Coach Hossam  
**Member \$120**  
**Resident \$125**  
**Non-Resident \$130**

### TAEKWONDO CLUB YOUTH

ages 6-13

Get in shape and build strength, agility & speed while learning the most widely practiced martial art in the world. Classes are available for children of all skill levels. Join us for a FREE introductory class anytime! No obligation! (Min/Max 6/25)

**\*NOTE:** Participation in the Intermediate/Advanced Class is at the discretion of the Instructors. If you are new to this program, please plan to attend the Beginner/Novice class the first week so your skill level can be assessed.

**Location:** Wrestling Room

	Day	Time	Code
<b>Beginner</b>			
May 2-June 20	Mon.	6:00p-7:30p	11476
June 27-Aug. 15	Mon.	6:00p-7:30p	11478

	Day	Time	Code
<b>Intermediate</b>			
May 4-June 22	Wed.	6:00p-7:30p	11477
June 29-Aug. 17	Wed.	6:00p-7:30p	11479

**Instructors** Masters Mike & Eric Hill  
**Member \$90**  
**Resident \$100**  
**Non-Resident \$110**

### CLUB GLEE

ages 5-12

Love to dance, act and sing like your favorite GLEE and High School Musical stars? No auditions necessary, kids ages 5-12, YOU are invited to become the star of the show! Explore the exciting world of musical theater through dramatic character development, dance choreography, and vocal technique, led by experienced instructors. Rehearse routines, songs, and scripts with your company to create a musical masterpiece. Showcase your talent to family and friends during a final performance on the last day! Watch out Broadway, here you come! (Min/Max 6/14)

**Location:** Mind Body Room

	Day	Time	Code
May 2-June 13	Mon.	4:30p-5:30p	12010
June 27-Aug. 8	Mon.	4:30p-5:30p	12011

**Member \$85**  
**Resident \$89**  
**Non-Resident \$94**

### KARATE SHORIN-RYU YOUTH

ages 5-13

This class builds self-confidence, balance, pride, strength, and security with instruction by Sensei David Cloud, 6<sup>th</sup> Degree Black Belt. Uniforms are required and will be available after the first class at an additional charge from the instructor. (Min/Max 6/20)

**Location:** Aerobics Room

	Day	Time	Code
May 3-June 21	Tue.	6:30p-8:00p	11480
June 28-Aug. 16	Tue.	6:30p-8:00p	11481

**Instructor** David Cloud  
**Member \$90**  
**Resident \$100**  
**Non-Resident \$110**

# FITNESS

## WHERE TO FIND IT

**YOUTH FITNESS . . . . . 18**

**ADULT FITNESS . . . . . 19-21**

Pilates . . . . .	20
Spinning® . . . . .	20
Yoga . . . . .	20
Boot Camp . . . . .	21
Dance . . . . .	21
Tai Chi . . . . .	21
Taekwondo . . . . .	21
Fencing . . . . .	21

**PERSONAL TRAINING . . . . . 22**

**WATER FITNESS . . . . . 14**

## PROGRAM CANCELLATION POLICY

Courses will be cancelled five days prior to the start of a session if there is not sufficient enrollment. No classes will be held on:

Memorial Day	May 30
Independence Day	July 4

Course fees adjusted upon registration for classes not held on holidays.

## REFUND POLICY

No refunds or make-ups will be given for missed lessons, classes or practices, except those cancelled by the department.

## LOOK FOR THE SYMBOL



This symbol denotes classes that are offered during KID CENTER hours. See page 3 for more information on the KID CENTER hours and prices.



Try a private lesson with Coach Hossam to fine tune your child's skills. Call Christi at 314-290-8511 for more information.

# Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00a</b>	<b>Cardio Combo</b> Tammy (M/W) 11482 / 11483	<b>S.T.C.</b> Liz (Tu/Th) 11484 / 11485	<b>Cardio Combo</b> Laura (M/W) 11482 / 11483	<b>S.T.C.</b> Liz (Tu/Th) 11484 / 11485	<b>Fusion</b> Liz 11486 / 11487		<b>**No Kid Center service on Sundays</b>
<b>8:30a</b> <b>KID</b>	<b>Cardio Pump</b> Reann 11488 / 11492	<b>Slimnastics</b> Debbie (M-F) 11496 / 11497	<b>Cardio Pump</b> Liz 11489 / 11493	<b>Slimnastics</b> Debbie (M-F) 11496 / 11497	<b>Cardio Pump</b> Tammy 11490 / 11494	<b>8:00a Pump</b> Moir/Laura 11504 / 11511	
<b>9:30a</b> <b>KID</b>	<b>Pump</b> Reann 11498 / 11507	<b>Zumba</b> Debbie 11527 / 11531	<b>Pump</b> Liz 11502 / 11509	<b>100% Sweat</b> Aimee 11518 / 11521	<b>Pump</b> Tammy 11505 / 11510		
<b>10:00a</b> <b>KID</b>						<b>Zumba</b> Staff 11529 / 11533	<b>10:15a Tai Chi</b> Ming 11522 / 11524
<b>12:00p</b>	<b>Balance for Life</b> Aimee 11512 / 11514		<b>Balance for Life</b> Aimee 11513 / 11515				
<b>4:30p</b> <b>KID</b>		<b>Pump</b> Nancy 11500 / 11508	<b>Fitball</b> Moir 11989 / 11990				
<b>5:30p</b> <b>KID</b>	<b>100% Sweat</b> Nancy 11516 / 11519	<b>Total Body Conditioning</b> Nancy 11534 / 11536		<b>Total Body Conditioning</b> Nancy 11535 / 11537			
<b>6:30p</b> <b>KID</b>	<b>Pump</b> Laura 11499 / 11506	<b>100% Sweat</b> Ron 11517 / 11520	<b>6:00p Zumba</b> April 11528 / 11532	<b>Cardio Pump</b> Nancy 11491 / 11495			
<b>7:30p</b>	<b>Zumba</b> Priscilla 11526 / 11530	<b>Ballroom/Latin Salsa</b> Gerry & Marlene 11475 / 12003		<b>Tai Chi</b> Ming 11523 / 11525			

Pump

Lucy

10556 / 10560

Class Name

Instructor(s)

Sum. 1 / Sum. 2 Session Codes

Summer 1: May 1 - June 25

Summer 2: June 26 - August 20

## GROUP FITNESS CLASSES

100% SWEAT

ages 14+

Tired of 'dancey' aerobics choreography? Have a desire to get fit fast? -- Then this class is for you! This interval-based class alternates brief, intense bouts of cardiovascular challenge with longer recovery periods, using minimal equipment and athletic-style movements to get maximum results.

BALANCE FOR LIFE

ages 14+

Did you know that falls are the number one cause of death in seniors? By training our sense of balance, we can avoid these falls. Believe it or not, you do not lose your ability to balance forever, unless you forget to practice. In this class, you will be guided through some basic exercises that will help you not only regain what you have lost, but also help you improve your balance.

CARDIO COMBO (M/W)

ages 14+

High energy workout combining all of the latest group exercise formats. Boost your energy and increase your endurance for the rest of your day! Class meets 2 times per week.

CARDIO PUMP

ages 14+

Get your weight workout AND your cardio workout done in this compact one hour interval class! Great for busy people who need to get the biggest bang for their buck at the gym!

FITBALL

ages 14+

FitBall exercises provide toned, defined muscles while increasing balance, stability and body awareness. Get a complete body workout.

FUSION

ages 14+

Fuse your cardio, stability and flexibility training into one dynamic hour! Combining aerobic dance with pilates and yoga style stretching, this class will balance your mind and body while improving your cardio intensity.

PUMP

ages 14+

Pump is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body with weights and other resistance techniques.

S.T.C. - STRENGTH, TONE, & CHISEL (Tu/Th)

ages 14+

A strength workout addressing all major muscle groups including abdominal core and back. Exercises include a wide variety of equipment and techniques to keep your body guessing. Class meets 2 times per week.

TOTAL BODY CONDITIONING

ages 14+

This dynamic combination class produces an incredibly effective workout through step intervals, kickboxing, and strength intervals with an abs/stretch finish!

SLIMNASTICS (M-F)

ages 14+

This low intensity, low impact class combines cardiovascular conditioning with strength and flexibility exercises. Great for beginners and seniors! Class meets 5 times per week.

Programs with less than 6 participants may be cancelled 5 days prior to the start date.

Group Fitness Prices:

Meets 1 time per week

Member \$8

Resident \$32

Non-Resident \$36

Meets 2 times per week

Member \$16

Resident \$57

Non-Resident \$64

Meets 5 times per week

Member \$40

Resident \$83

Non-Resident \$93

Ballroom/Latin Salsa, Zumba®, and Tai Chi Chen descriptions and prices are located on page 22.

View and register for any fitness programs at [www.claytonmo.gov/fitness](http://www.claytonmo.gov/fitness)

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314-290-8500

May 1, 2011 - August 20, 2011

[www.claytonmo.gov/programs](http://www.claytonmo.gov/programs)



# Mind Body Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00a</b>		<b>Zumba</b> Lynn 12004 / 12005	<b>Spinning</b> Julie 11949 / 11962				<b>**No Kid Center service on Sundays</b>
<b>8:15a</b> <b>KID</b>		<b>Yoga - Basics</b> Joe 11551 / 11554				<b>8:00a Spinning</b> Buddy 11952 / 11966	
<b>8:30a</b> <b>KID</b>	<b>Slimnastics</b> Bev (M-F) 11496 / 11497		<b>Slimnastics</b> Bev (M-F) 11496 / 11497		<b>Slimnastics</b> Bev (M-F) 11496 / 11497		
<b>9:30a</b> <b>KID</b>	<b>Pilates Basics</b> Gayle 11538 / 11541	<b>Spinning</b> Renee 11947 / 11960	<b>Pilates Basics</b> Gayle 11539 / 11542	<b>Spinning</b> Renee 11954 / 11963	<b>Pilates Mat</b> Gayle 11975 / 11978	<b>Spinning</b> Buddy 11953 / 11967	<b>Spinning</b> Moir 11956 / 11958
<b>10:45a</b> <b>KID</b>				<b>Yoga - Open Levels</b> Joe 11545 / 11548			
<b>11:45a</b>							<b>Pilates Basics</b> Gayle 11540 / 11543
<b>4:30p</b> <b>KID</b>		<b>Yoga - Open Levels</b> Lucy 11546 / 11549		<b>Yoga - Basics</b> Joe 11552 / 11555			<b>1:00p Yoga - Vinyasa</b> Tarraugh 11969 / 11971
<b>6:00p</b> <b>KID</b>	<b>Spinning</b> Suzan 11946 / 11959	<b>Spinning</b> Buddy / Laurie 11948 / 11961	<b>5:30p Yoga - Vinyasa</b> Tarraugh 11970 / 11972	<b>Spinning</b> Suzan 11955 / 11964			
<b>7:15p</b>	<b>Yoga - Open Levels</b> Lucy 11544 / 11547	<b>Pilates Mat</b> Debbie D. 11973 / 11976	<b>Yoga - Basics</b> Lucy 11550 / 11553	<b>Pilates Mat</b> Gayle 11974 / 11977			

## Key

**Yoga - Basics**  
Lucy  
10556 / 10560

Class Name  
Instructor(s)  
Sum. 1 / Sum. 2  
Session Codes

Summer 1: May 1 - June 25  
Summer 2: June 26 - August 20

## PILATES

### PILATES BASICS

ages 14+

Ease into overall conditioning with the basic toning principles and exercises of the Pilates method, using classic mat exercises. Learn to move from your core for fastest fitness results and gentle body/joint alignment for greater ease of movement, balance, and strength. Open to all levels of fitness.

### PILATES MAT

ages 14+

Fun and refreshing moves lengthen and strengthen your body from your core so you move like a dancer through life. Align your posture, stand taller and increase balance and flexibility. Prior mat pilates experience recommended.

### Pilates Pricing:

Mem. \$40 Res. \$72 Non-Res. \$80

## SPINNING®

### SPINNING®

ages 14+

Whether you are a new rider or a cycling veteran, this class has cardio conditioning, expert instruction and is easy to follow! Riders must arrive on time to secure a bike.

### Spinning Pricing:

Mem. \$24 Res. \$45 Non-Res. \$50

## YOGA

### YOGA - BASICS

ages 14+

Appropriate for beginners or those desiring a slower, gentler pace. Classes cover use of breath, simple alignment principles, and instruction on the classic foundational postures. Props such as blankets, blocks, and belts are used for discovery and support. Classes may include partner work and relaxation techniques.

All classes are 1 hour

Mem. \$40 Res. \$64 Non-Res. \$72

### YOGA - VINYASA

ages 14+

Vinyasa yoga is a flowing sequence of poses synchronized with breath. Here, we will move from one pose to the next, incorporating breath, awareness and alignment principles. Come experience this intelligent blend of sequencing in a safe, fun, and supportive environment.

All classes are 1 ½ hours

Mem. \$40 Res. \$80 Non-Res. \$88

### YOGA-OPEN-LEVELS

ages 14+

Those with previous yoga experience or beginners in good physical condition, variations are offered to support different levels. Principles of breath and alignment are employed to increase strength, flexibility, and awareness. Taught in dynamic style, alternating movement synchronized with breath (vinyasa) with held postures (active stillness).

Mondays (1 ¼ hours)

Mem. \$40 Res. \$72 Non-Res. \$80

Tuesdays and Thursdays (1 hour)

Mem. \$40 Res. \$64 Non-Res. \$72

Want to try yoga or pilates but need a little tutorial first? One of our skilled instructors can guide you through these great programs in a private session! For more information, contact Christi Gleason at 314-290-8511.

## PARTICIPATION OPTIONS

### 1. PROGRAM REGISTRATION

By far the most economical option. Prices for each class are listed under each program's description or general programming section.

### 2. PAY-BY-DAY

Group Fitness	\$8
Spinning/Zumba/Dance Fusion	\$10
Yoga/Tai Chi/Pilates	\$15

### 3. CHANCE CARDS

Group Fitness	
Member	\$55
Resident	\$60
Non-Resident	\$65
Spinning/Zumba	
Member	\$74
Resident	\$82
Non-Resident	\$90
Yoga/Tai Chi/Pilates	
Member	\$120
Resident	\$130
Non-Resident	\$140

## DANCE

### BALLROOM/LATIN SALSA *ages 14+*

Learn the timeless moves of Ballroom and Latin Salsa. Students learn basic footwork, turns, cross body leads and shines. Instructors will teach timing, weight transition, and framework. Course fees are per couple as a partner is required. Only one person registers.

**Mem. \$64      Res. \$72      Non-Res. \$80**

### ZUMBA® *ages 14+*

ZUMBA® is a fusion of Latin and International music & dance themes. The routines feature varied aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

**Mem. \$24      Res. \$45      Non-Res. \$50**

## TAI CHI CHEN

### TAI CHI CHEN *ages 14+*

Experience the practice of Tai Chi. You will be guided through a highly beneficial form of exercise that is suitable for people of all ages. Loosen and limber joints to experience 'meditation in motion'. Both beginners and experienced participants are welcome.

**Mem. \$40      Res. \$72      Non-Res. \$80**

**\*\*See page 18 for Dance and Tai Chi Chen days and codes\*\***

## FENCING

### FENCING - ADULT *ages 14+*

Coach Hossam returns to The Center of Clayton to offer a class geared towards athletes with little or no experience in fencing. Now you can participate in a sport that will keep you on your toes, developing your athleticism, critical thinking, sportsmanship and competitiveness. Its intensity and fast pace will keep you coming back for more. Coach Hossam, former coach of the National Egyptian team, has 32 years of fencing experience. He has trained many internationally ranked athletes, including the Egyptian men's foil team, who qualified for the 2004 Olympic Games in Athens. *(Min/Max 3/15)*

**Location:** Aerobics Room

	Day	Time	Code
May 4-June 22	Wed.	8:00p-8:55p	11979
June 29-Aug. 17	Wed.	8:00p-8:55p	11980
<b>Instructor</b>		<b>Member \$120</b>	
Coach Hossam		<b>Resident \$125</b>	
		<b>Non-Resident \$130</b>	



## TAEKWONDO



### TAEKWONDO CLUB ADULT *ages 14+*

Learn Taekwondo at the Center of Clayton. Master Michael & Eric Hill, both 4th degree black belts, have been actively involved in Taekwondo for over 18 years and have competed at the highest level of Olympic Style competition in the United States. Get in shape and build strength, agility & speed while learning the most widely practiced martial art in the world. Classes are available for adults of all skill levels. Join us for a FREE introductory class anytime! No obligation! *(Min/Max 6/25)*

**Location:** Wrestling Room

	Day	Time	Code
May 2-June 22	M, W	7:30p-8:30p	11987
June 27-Aug. 17	M, W	7:30p-8:30p	11988
<b>Instructors</b>		<b>Member \$90</b>	
Mike & Eric Hill		<b>Resident \$100</b>	
		<b>Non-Resident \$110</b>	

## BOOT CAMP



### BOOT CAMP *ages 14+*

No Nonsense. No Excuses. Just Results! That sums up the approach taken in class. Despite the group setting, this class challenges participants individually and provides an environment that allows each person to give their best and expect significant results. Classes consist of resistance training, calisthenics, short runs and drills designed to work every muscle in the 60 minutes. Participants in boot camps are from every walk of life and fitness level, but have one thing in common, they get results. Are you ready? Bring a water bottle and body towel. *(Min/Max 15/65)*

**Location:** Shaw Park,

	Day	Time	Code
May 23-July 1	M, W, F	6:00a-7:00a	11556
May 31-June 30	Tu, Th	4:30p-5:30p	11558
May 31-June 30	Tu, Th	6:00p-7:00p	11559
July 11-Aug. 12	M, W, F	6:00a-7:00a	11630
July 12-Aug. 11	Tu, Th	4:30p-5:30p	11631
July 12-Aug. 11	Tu, Th	6:00p-7:00p	11632
Aug. 15-Sep. 23	M, W, F	6:00a-7:00a	11636
Aug. 16-Sep. 15	Tu, Th	4:30p-5:30p	11643
Aug. 16-Sep. 15	Tu, Th	6:00p-7:00p	11644
		<b>Member \$100/\$150</b>	
		<b>Pass Holder/Res. \$100/ \$150</b>	
		<b>Non-Resident \$110/ \$165</b>	

## WHY TAEKWONDO AT THE CENTER OF CLAYTON?

The Clayton Taekwondo program is a registered club with USA Taekwondo, the National Governing Body and official US Olympic selection organization for the sport of Taekwondo. Through USA Taekwondo, they offer official black belt registration with the World Taekwondo Federation, which is globally recognized as the gold standard for the black belt achievement in Taekwondo.



# PERSONAL TRAINING

## @ THE CENTER OF CLAYTON

The Center of Clayton has a team of personal trainers ready to enhance your strength, endurance, flexibility, and overall fitness level. No matter what your goals are, what your fitness level is, or what your schedule looks like, The Center of Clayton has a trainer tailored to your needs.

### BENEFITS OF PERSONAL TRAINING:

#### For new members

- New members to the Center of Clayton can purchase a Fitstart and learn a new exercise routine after just 3 sessions.

#### For veteran exercisers

- A veteran exerciser can take advantage of a Personal Trainer to take their workout to the next level.
- A Personal Trainer can keep their workouts fresh and exciting, while providing a variety of exercises that will challenge their bodies.

#### For rehabilitation

- Rehabilitation services can help bridge the gap between physical therapy and full recovery.
- In cases where their injuries were caused by overtraining, they can try new exercises that will not lead them down that road again.

#### For better posture

- A Personal Trainer can also be consulted to improve posture.
- By addressing postural concerns with a Personal Trainer, a person will see not only improvements in appearance, but also a reduction in pain resulting from poor alignment.



### REGISTERED DIETITIAN SERVICES



Work with our Registered Dietitian to figure out what changes in your diet would be best for you. Services are available at the Personal Training Individual Package rates below. Sessions that you have purchased may be applied towards a session with our Registered Dietitian, so what are you waiting for? Call 314-290-8522 to schedule your appointment today.

### PILATES REFORMER TRAINING



Build a solid core, improve posture, loosen joints, and reduce aches and pains with a workout tailored just for you. One and five-session individual packages are available as listed below. For more information contact Christi Gleason at 314-290-8511.

## Personal Training Options

### Starter Pack

#### Fitstart

This 3 session starter package includes consultation & fitness assessment, and two training sessions. Offered only to new personal training customers. One package per customer.

**\$145**

### Individual Packages

Packages offer you savings on the number of sessions that fit your schedule: Health and Exercise History consultation and Fitness Assessment included in all packages!

#### 1 Session

**Member \$65**  
**Non-Member \$70**

#### 5 Session Package

**Member \$300**  
**Non-Member \$325**

#### 10 Session Package

**Member \$550**  
**Non-Member \$600**

#### 20 Session Package

**Member \$1000**  
**Non-Member \$1100**

### Training For Two

Training for Two saves you 25% off normal package price. Partners can train together for 1, 5 or 10 sessions.

#### 1 Session

**Members: \$50**

**Non-Members: \$55**

#### 5 Session Package

**Members: \$200**

**Non-Members: \$225**

#### 10 Session Package

**Members \$375**

**Non-Members \$425**

(Note: Price is Per Person)

### Small Group Training

Small group training provides 4-6 partners with a deep discount on personal training!

#### 4 Session Package

**Members: \$125**

**Resident \$150**

(Note: Price is Per Person) **Non-Resident \$175**

24 hour cancellation notice is required to retain cancelled session. To cancel or reschedule a session, please contact your trainer at the Fitness Center at 314-290-8524 or 314-290-8522. Personal Training services at The Center of Clayton are to be performed only by City of Clayton Employees. For more information, call the Fitness Center at 314-290-8524.

# Historic Martin Franklin Hanley House

[www.hanleyhouse.org](http://www.hanleyhouse.org)

**7600 Westmoreland Ave**

## HANLEY HOUSE BIRTHDAY PARTIES

Are you looking for a unique venue to host a birthday party for your child? The Historic Martin Franklin Hanley House is the perfect choice. A costumed interpreter will be on-hand during your special event.

Birthday party packages at the Historic Hanley House include a special children's tour of the house lead by a costumed interpreter, historic games and activities, and a keepsake for every child to take home. You may also choose to have a Tea Party on the grounds of Hanley Park. Birthday/Tea Parties may be scheduled Monday through Friday from 10:00 am to 7:00 pm and Saturday through Sunday from 10:00 am to 5:00 pm. No food or drink is permitted inside the museum.

### First 10 People per 2 Hour Time Block

Resident	\$150
Corporate	\$165
Non-Resident	\$180

\$10 Per Person over 10 People



**HANLEY HOUSE**

Martin Franklin Hanley built the Historic Hanley House in 1855. The farmstead is the oldest structure in the City of Clayton and it is listed on the National Register of Historic Places. The restored home is today an historic house museum filled with original family furnishings, artifacts and letters that together represent an honest portrayal of 19th century Missouri life.

For information please contact Sarah Umlauf at 314-226-9893 or [sumlauf@ci.clayton.mo.us](mailto:sumlauf@ci.clayton.mo.us).

## HOURS OF OPERATION: (April thru October)

Saturday & Sunday 12:00 noon to 4:00 pm.	Monday – Friday By Appointment Only
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## HOLIDAY CLOSURES

The Hanley House will be closed: Memorial Day Weekend, 4th of July Weekend and Labor Day Weekend.

## HANLEY HOUSE PROGRAMS

### HANLEY HOUSE HERB SALE

**OASIS** Join us in Hanley Park for the annual Historic Hanley House Herb Sale. This is your chance to buy your spring herbs and support the museum. Herbs sold for \$4 each.

**Saturday, April 30, 9:00 am to 12:00 pm**

### HANLEY HOUSE STORY TIME

ages 5+

Bring your children to the Historic Hanley House on Thursday mornings for a special story time. An historic interpreter will share stories both new and old. Children will also delight in learning an historic craft and the final story time will feature a special tea party for children. (Min/Max 5/15)

**Location:** Hanley House

	Day	Time	Code
Jul. 21-Aug. 11	Thu.	10:00a-11:00a	12002
			<b>Resident: \$10</b>
			<b>Non-Resident: \$12</b>

### HANLEY HOUSE HERB TOUR

ages 5+

**OASIS** Join us for this special tour of the Historic Hanley House and learn about the importance of herbs and other plant life in the 19th century home. Costumed interpreters will lead this tour. Bring your gardening shears and you will be invited to take clippings from the Hanley House Herb Garden. (Min/Max 5/30)

**Location:** Hanley House

	Day	Time	Code
July 23	Sat.	11:00a-12:00p	12001
			<b>Resident: \$7</b>
			<b>Non-Resident: \$10</b>





## OASIS PROGRAMS

The City of Clayton, St. Louis Regional OASIS and BJC Healthcare work in partnership to build a healthier community. Programs are open to all - OASIS or Center of Clayton Memberships are not required! To register for any OASIS program listed on this page, visit [www.oasisnet.org/stlouis](http://www.oasisnet.org/stlouis) or call (314) 539-4556.

### CONTEMPORARY SHORT STORIES

*Matthew Shipe, Ph.D*

Discuss some of the finest contemporary short stories in this class led by a Washington University professor. (Min/Max 10/50)

**Location:** OASIS Room A

	Day	Time	
June 2-July 7	Thursday	10:30a-11:30a	<b>Fee: \$73</b>

### STRETCH AND BUILD

*Karin Hartfelder, Certified Personal Trainer*

End your week with this gently paced program that includes a blend of endurance, balance, strength, stretching and relaxation exercise. (Min/Max 10/50)

**Location:** Aerobics Room

	Day	Time	
June 3-July 8	Friday	2:30p-3:30p	
July 15-Aug. 19	Friday	2:30p-3:30p	
Aug. 26-Sep. 30	Friday	2:30p-3:30p	<b>Fee: \$38</b>

### THE THREE STOOGES

The Three Stooges were the kings of physical farce and slapstick comedy from the mid-1930s through the 1950s, making 190 short films for Columbia pictures. Moe, Larry and Curly – as well as Shemp – are still loved for their lowbrow humor even though it has been 50 years since their last film was made. We will discuss the career of the Stooges and view some of their most hilarious short films. (Min/Max 10/50)

**Location:** OASIS Room A

	Day	Time	
June 9	Thursday	1:00p-2:30p	<b>Fee: \$11</b>

### SPOTLIGHT ON SHINGLES

*Pamela Breitweiser, BSN, MSN, Visiting Nurses Association*

Shingles can be painful and can cause serious health complications. About half of the nearly one million shingles cases in the United States each year occur in people 60 years of age and older. Making informed decisions about your health starts with having the facts. Know your risk. Know the facts. (Min/Max 10/50)

**Location:** Meeting Room A

	Day	Time	
July 13	Wednesday	6:00p-7:30p	<b>Fee: \$9</b>

### A CHORUS LINE

*Ron Gibbs, Managing Director, Stages St. Louis*

Immerse yourself in the singular sensation that has won the Pulitzer Prize for drama and nine Tony Awards. "A Chorus Line" tells the story of a group of young dancers auditioning for the chorus of a Broadway show. In the first session of this two-part program meet an actor who spent 17 years in New York living the life portrayed in the show. Now Managing Director for Stages St. Louis, he will share his story and also discuss the unforgettable score that includes "I Hope I Get It," "One," and "What I Did for Love." Second session, enjoy a live performance of "A Chorus Line" at Stages St. Louis. (Min/Max 10/50)

**Session 1 Location:** OASIS Room A

**Session 2 Location:** The Robert G. Reim Theatre, 111 S. Geyer Road, Kirkwood, MO 63122

	Day	Time	
June 21	Tuesday	10:00a-11:30a	
June 28	Tuesday	8:00p-10:00p	<b>Fee: \$40</b>

### LIVING A HEALTHY LIFE

*OASIS Health Facilitators*

Set healthy goals. Make action plans. Manage pain. Embrace nutrition and exercise. Understand medication. Increase your confidence in managing your own health. Developed by Stanford University's Patient Education Research Center, this self-management course is for those with such chronic conditions as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema or others. Take charge of your health and register today. (Min/Max 10/50)

**Location:** OASIS Room A

	Day	Time	
Jul. 12-Aug. 16	Tuesday	10:00a-12:00p	<b>Fee: \$20</b>



*discover more*

### LOOK FOR THE SYMBOL



This symbol denotes programs that are great for older adults.

# SPORTS

## WHERE TO FIND IT

<b>YOUTH PROGRAMS</b> . . . . .	<b>25</b>
<b>ADULT LEAGUES</b> . . . . .	<b>26</b>
<b>RUTH PARK GOLF</b> . . . . .	<b>26</b>

## REFUND POLICY

No refunds or make-ups will be given for missed lessons, classes or practices, except those cancelled by the department.

## YOUTH PROGRAMS

### CENTER TYKES - PRESCHOOL SPORTS PROGRAM ages 3-5

This 9 week program will meet in The Center of Clayton for 45 minutes each week. Modified equipment will be used to promote a safe and non-threatening environment. The program will provide an introduction to soccer, tee ball and basketball. Three weeks will be dedicated to each sport with the first two weeks learning rules and skills and the third week scrimmaging. *(Min/Max 10/25)*

<b>Location:</b> Gymnasium 4			
	<b>Day</b>	<b>Time</b>	<b>Code</b>
May 1-Jul. 10	Sun.	12:30p-1:15p	11586
Jul. 17-Sep. 18	Sun.	12:30p-1:15p	11587
<b>Member \$85</b>			
<b>Resident \$90</b>			
<b>Non-Resident \$100</b>			

### AQUAFINA PITCH HIT & RUN

ages 7-14

**Free!** This is a FREE program that provides an opportunity for youth to participate in an exciting baseball skills competition! The competition consists of three competitions; Pitching, Hitting, and Running! This is a one day event, guaranteed to encourage youth to participate in sports and have fun! Each participants has the opportunity to compete at the National Finals at the 2011 MLB All-Star Game!! *(Min/Max 10/75)*

<b>Location:</b> Gay Field			
	<b>Day</b>	<b>Time</b>	<b>Code</b>
May 7	Sat.	9:00a-2:00p	11562
<b>Free Program</b>			

## YOUTH PROGRAMS



### YOUTH SOCCER LEAGUE grades K-8

This recreational league emphasizes fun, team play, cooperation and good sportsmanship. Teams will be able to begin practices in mid August. Specific practice times can not be determined at this time as practices will be based on coaches' availability. Games will begin in September. Most games will be on the weekend, but there will be some weeknight games. Game times cannot be determined at this time. Head and Assistant Coaches must sign up at The Center of Clayton to receive the reduced fee. Coaches will receive a copy of the game schedule by the end of August. Every child enrolled before the July 29th deadline is guaranteed a place in the league. Registrations received after the deadline will be placed on a waiting list and added if openings are available. ***Specific team requests cannot be honored.***

**Location:** Shaw Park/Gay Field

Boys		Girls	
Grade K	<b>Code:</b> 11569	Grade K	<b>Code:</b> 11569
Grade 1	<b>Code:</b> 11570	Grade 1	<b>Code:</b> 11571
Grade 2	<b>Code:</b> 11572	Grade 2	<b>Code:</b> 11573
Grade 3	<b>Code:</b> 11574	Grade 3	<b>Code:</b> 11575
Grade 4	<b>Code:</b> 11576	Grade 4	<b>Code:</b> 11577
Grade 5	<b>Code:</b> 11578	Grade 5	<b>Code:</b> 11579
Grade 6	<b>Code:</b> 11580	Grade 6	<b>Code:</b> 11581
Grade 7	<b>Code:</b> 11582	Grade 7	<b>Code:</b> 11583
Grade 8	<b>Code:</b> 11584	Grade 8	<b>Code:</b> 11585

**Registration Deadline:** July 29<sup>th</sup>  
**Resident \$75**  
**Non-Resident \$100**



### GIRLS YOUTH VOLLEYBALL LEAGUE grades 3-8

This is a recreational league that emphasizes fun, team play and sportsmanship. Teams will be able to begin practices on August 20th. Specific practice times can not be determined at this time as practices will be based on coaches' availability. Games will begin in September and will be played either on Saturdays between 9:00 a.m. - 4:00 p.m. or Sundays between 12:00 p.m. - 4:00 p.m. Head and Assistant Coaches must sign up at The Center of Clayton to receive the reduced fee. Every child enrolled before the July 29th deadline is guaranteed a place in the league. Registrations received after the deadline will be placed on a waiting list and added if openings are available. ***Specific team requests cannot be honored.***

**Location:** Center of Clayton

Girls	
Grade 3	<b>Code:</b> 11563
Grade 4	<b>Code:</b> 11564
Grade 5	<b>Code:</b> 11565
Grade 6	<b>Code:</b> 11566
Grade 7	<b>Code:</b> 11567
Grade 8	<b>Code:</b> 11568
<b>Registration Deadline:</b> July 29 <sup>th</sup>	
<b>Resident \$75</b>	
<b>Non-Resident \$100</b>	





# SOFTBALL

**COED SOFTBALL LEAGUE** *ages 18+*  
Swing into summer and join a coed softball league. Enjoy an 8 game regular season followed by a single elimination playoff bracket. Tuesday or Thursday night play in games may be necessary to enter playoff bracket. There are three separate leagues to choose from. Team registrations only. (Min/Max 4/12)

**Location:** Shaw Park

Start Date	Day	Time	Code
April 17	Sun.	6:00p-10:00p	10971
April 25	Mon.	6:00p-10:00p	10972
April 27	Wed.	6:00p-10:00p	10973

**Registration Deadline:** April 6<sup>th</sup>

**Resident Team \$450**  
**Non-Resident Team \$500**

## MEN'S DOUBLE HEADER SOFTBALL LEAGUE

*ages 18+*  
Enjoy playing back to back games each night. 8 week regular season followed by a single elimination playoff bracket. Tuesday or Thursday night play in games may be necessary to enter playoff bracket. Team registrations only. (Min/Max 4/10)

**Location:** Shaw Park

Start Date	Day	Time	Code
April 15	Fri.	6:00p-10:00p	10980
April 17	Sun.	6:00p-10:00p	10977
April 25	Mon.	6:00p-10:00p	10978
April 27	Wed.	6:00p-10:00p	10979

**Registration Deadline:** April 10<sup>th</sup>

**Resident Team \$625**  
**Non-Resident Team \$725**

## COED DOUBLE HEADER SOFTBALL LEAGUE

*ages 18+*  
Try your team out in our coed double header summer league! Enjoy 6 weeks of double headers; followed by a single elimination playoff bracket. (Min/Max 4/8)

**Location:** Shaw Park Field #5

Start Date	Day	Time	Code
June 14	Tue.	6:00p-10:00p	11836

**Registration Deadline:** June 1<sup>st</sup>

**Resident Team \$525**  
**Non-Resident Team \$575**

# SOCCER

## WOMEN'S MICRO SOCCER LEAGUE

*ages 18+*  
Join us once again for this ten week, no playoffs, 6 v 6 plus goalie micro soccer league. Enjoy the style of indoor soccer outside. Games will be played on a field with similar dimensions to indoor and with goals similar in size as indoor. Team registrations only. (Min/Max 4/8)

**Location:** Gay Field

Start Date	Day	Time	Code
April 17	Sun.	8:00a-1:00p	10982

**Registration Deadline:** April 10<sup>th</sup>

**Resident Team \$350**  
**Non-Resident Team \$400**

# VOLLEYBALL

**COED SAND VOLLEYBALL** *ages 18+*  
Get your team together and join us in Shaw Park for fun in the sand! This coed volleyball league is played 6 v 6 with rally scoring. Your team will play three games each night. This league is eight weeks plus playoffs. Team registrations only. (Min/Max 4/16)

**Location:** Shaw Park Sand Courts

Start Date	Day	Time	Code
April 26	Tue.	6:00p-10:00p	10981

**Registration Deadline:** April 17<sup>th</sup>

July 26	Tue.	6:00p-10:00p	11828
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**Registration Deadline:** July 15<sup>th</sup>

**Resident Team \$275**  
**Non-Resident Team \$325**

# BASKETBALL

The Adult Basketball league administration is handled through Sports Monster. To register for basketball leagues, go online to [www.sportsmonster.net](http://www.sportsmonster.net) or call Nick Lake at (314)863-5635.



# KICKBALL

## ADULT COED KICKBALL LEAGUE

*ages 18+*  
Get a team together and join us for fun on the ole kickball diamond. This league has an 8 game regular season with an end of season tournament. Games will be 7 innings or 55 minutes. (Min/Max 4/8)

**Location:** Shaw Park Field #5

Start Date	Day	Time	Code
June 12	Sun.	12:00p-4:00p	11847

**Registration Deadline:** June 1<sup>st</sup>

**Resident Team \$275**  
**Non-Resident Team \$325**

# BACKYARD

## BAGS TOURNAMENT

*ages 18+*  
**OASIS** Sign your team up today for a Shaw Park Bags Tournament! This is a one day tournament. Each team must consist of four to six players, all players must rotate in each match throughout the day. Teams will be guaranteed at least three matches, matches will consist of three games to 21. \*Team Registrations Only. (Min/Max 8/20)

**Location:** Shaw Park Pavilion

Start Date	Day	Time	Code
June 18	Sat.	11:00a-5:00p	11944
July 9	Sat.	11:00a-5:00p	11945

**Registration Deadline:** June 6<sup>th</sup>

**Resident Team \$50**  
**Non-Resident Team \$55**

## WASHERS LEAGUE

*ages 18+*  
**OASIS** Bring your washer skills to Shaw Park this summer! This is an 8 week season, with a tournament at the end of the season. Each team can consist of a maximum of six players, all players must rotate in the match each week. Teams will play a match of three games to 21 each night. \*Team Registrations Only. (Min/Max 4/12)

**Location:** Shaw Park Field #1

Start Date	Day	Time	Code
June 14	Tue.	6:00p-10:00p	11943

**Registration Deadline:** June 6<sup>th</sup>

**Resident Team \$175**  
**Non-Resident Team \$180**

## RUTH PARK GOLF COURSE



Clayton residents receive the same low rates as University City residents at Ruth Park Golf Course. To qualify for discounted rates a University City-Clayton golf pass must be presented. The golf pass is \$5.00 per person and may be obtained at Centennial Commons. Clayton residents need to present a Clayton Advantage Card to be eligible for a golf pass.

[www.RuthParkGolf.com](http://www.RuthParkGolf.com)



# SHAW PARK TENNIS CENTER April 30 - Sept. 25

**2011 SEASON PASSES** - Season pass-holders enjoy unlimited access to available courts as well as pass-holder rates on tennis programs.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$35	\$40	\$70
Adult	\$45	\$55	\$90
Senior (60+)	\$35	\$40	\$70
Family	\$65	\$80	\$130

**DAILY ADMISSION** - is for one time use only and does not cover access to any classes or special pay activities. No refunds on daily fees. Clayton Advantage Card must be presented for Resident or Corporate rates.

	Resident	Corporate	Guest
Youth (3-17)	\$2	\$3	\$4
Adult	\$4	\$5	\$6
Senior (60+)	\$2	\$3	\$4

**PLATINUM MEMBERSHIP** - The platinum membership gives you access to The Center of Clayton, Shaw Park Aquatic Center, Ice Rink and Tennis Center. Platinum memberships are only sold as annual passes.

	Resident	Corporate	Non-Resident
Youth (3-17)	\$309	\$369	\$469
Adult	\$479	\$539	\$729
Senior (60+)	\$369	\$419	\$529
Family	\$839	\$939	\$1299

For information on resident and corporate status, and advantage cards, please see page 2.

**314-290-8596 - [www.claytonmo.gov/tennis](http://www.claytonmo.gov/tennis)**

## Hours of Operation

Shaw Park has ten tennis courts that are available from 6:00 a.m. - 11:00 p.m. daily. During the tennis season, patrons must present a current season pass or pay a daily admission fee during open hours listed as follows:

### May 1 - May 27

Saturday, Sunday & Holidays 8:00 am – 1:30 pm  
4:00 pm – 8:00 pm

### May 28 - September 5

Monday through Friday 8:00 am – 11:00 am  
4:30 pm – 9:00 pm  
Saturday, Sunday & Holidays 8:00 am – 1:30 pm  
4:00 pm – 8:00 pm

### September 6 - September 25

Monday through Friday 4:30 pm – 9:00 pm  
Saturday, Sunday & Holidays 8:00 am – 1:30 pm  
4:00 pm – 8:00 pm

## Tennis Center Parking

Shaw Park Tennis Center parking may be found at meters on Brentwood Boulevard, in the garage on Bonhomme Avenue, or in the Shaw Park parking lot. Metered handicap parking spaces are located in the circular drive near the Aquatic Center. For additional information on parking hours and prices, please turn to page 4.





## PRIVATE TENNIS INSTRUCTION

Private Tennis Lessons are available. For more information, see the Tennis Center attendant or contact Liz Hickox at 314-290-8503 or [ehickox@ci.clayton.mo.us](mailto:ehickox@ci.clayton.mo.us). All registrants must complete an information form at time of registration.

## TENNIS CLINIC TAILORED JUST FOR YOU!

If you have a small group of people and want us to offer specific lessons for your group please Liz Hickox at 314-290-8503 or [ehickox@ci.clayton.mo.us](mailto:ehickox@ci.clayton.mo.us). Our instructors will tailor a lesson to meet your needs and will also schedule based on your availability. Cost for your lesson will be based on group size and lesson length.

## DROP-IN TENNIS LESSONS

Now being offered – Intermediate level drop-in lessons! If you have a hectic schedule this will be perfect for you. This program helps to provide a flexible way for anyone to attend tennis lessons at Shaw Park. To take advantage of this great opportunity, purchase your own punch card today! Each punch card will be valid for 10 visits and will not expire.

Adult Lessons (ages 18+)  
Mondays and Wednesdays at 6:30p-8:00p.

Youth Lessons (ages 5-17)  
Tuesdays and Thursdays at 6:30p-8:00p.

**Pass Holder/Resident \$90**  
**Non-Resident \$100**

## PARENT/CHILD LESSONS

### PARENT/CHILD TENNIS LESSONS

Spend quality time with your child playing tennis in Shaw Park! This is a great opportunity for a family to spend time together. Parents are required to be on the courts during lessons to assist their children. Classes will meet for one hour every week for six weeks. (Min/Max 5/15)

**Location:** Shaw Park Tennis Center

	Day	Time	age3-5	age6-8	age9-12
Jun. 4-Jul. 16	Sat.	1:00p-2:00p	11627	11637	11646
Jun. 5-Jul. 17	Sun.	1:00p-2:00p	11628	11638	11647
Jun. 9-Jul. 14	Thu.	6:00p-7:00p	11629	11639	11648
Jul. 30-Sep. 10	Sat.	1:00p-2:00p	11633	11640	11649
Jul. 31-Sep. 11	Sun.	1:00p-2:00p	11634	11641	11650
Aug. 4-Sep. 8	Thu.	6:00p-7:00p	11635	11642	11651

**Pass Holder/Resident \$60**  
**Non-Resident \$70**

## SUMMER CAMPS

Don't forget to check out all of the tennis and other summer camps online at [www.claytonmo.gov/camps/](http://www.claytonmo.gov/camps/)!

## YOUTH LESSONS - BEGINNER

### QUICK START TENNIS

This program developed by the USTA is an exciting way to help kids learn and play the game at a modified level. This program will begin with floor tennis, leading to passing and throwing tennis. These activities will develop a child's ability to send and receive a ball. (Min/Max 5/15)

**Location:** Shaw Park Tennis Center

	Day	Time	age5-6	age7-8	age9-10
Jun. 4-Jul. 16	Sat.	12:00p-12:45p	11652	11658	11664
Jun. 5-Jul. 17	Sun.	12:00p-12:45p	11653	11659	11665
Jun. 8-Jul. 13	Wed.	6:00p-6:45p	11654	11660	11666
Jul. 30-Sep. 10	Sat.	12:00p-12:45p	11655	11661	11667
Jul. 31-Sep. 11	Sun.	12:00p-12:45p	11656	11662	11668
Aug. 3-Sep. 7	Wed.	6:00p-6:45p	11657	11663	11669

**Pass Holder/Resident \$80**  
**Non-Resident \$90**

## YOUTH LESSONS - INTERMEDIATE

### LEARN TO RALLY AND PLAY

This program is designed by the USTA. This program's goals are to get the children playing the game as quickly as possible so they can enjoy the experience of hitting balls back and forth over the net. (Min/Max 5/15)

**Location:** Shaw Park Tennis Center

	Day	Time	age5-6	age7-8
Jun. 4-Jul. 16	Sat.	10:00a-10:45a	11671	11677
Jun. 5-Jul. 17	Sun.	1:00p-1:45p	11672	11678
Jun. 7-Jul. 12	Tue.	6:00p-6:45p	11673	11679
Jul. 30-Sep. 10	Sat.	10:00a-10:45a	11674	11680
Jul. 31-Sep. 11	Sun.	1:00p-1:45p	11675	11681
Aug. 2-Sep. 6	Tue.	6:00p-6:45p	11676	11682

	Day	Time	age9-10	age11-17
Jun. 4-Jul. 16	Sat.	10:00a-10:45a	11683	11689
Jun. 5-Jul. 17	Sun.	1:00p-1:45p	11684	11690
Jun. 7-Jul. 12	Tue.	6:00p-6:45p	11685	11691
Jul. 30-Sep. 10	Sat.	10:00a-10:45a	11686	11692
Jul. 31-Sep. 11	Sun.	1:00p-1:45p	11687	11693
Aug. 2-Sep. 6	Tue.	6:00p-6:45p	11688	11694

**Pass Holder/Resident \$80**  
**Non-Resident \$90**

## YOUTH LESSONS - ADVANCED

### VARSITY PREP: ADVANCED

ages 14-18

This program is targeting more advanced players with dependable strokes. Focus will be on having more control with power shots and improving serve and spin. (Min/Max 4/15)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	11:00a-12:00p	11695
Jun. 5-Jul. 17	Sun.	2:00p-3:00p	11696
Jun. 9-Jul. 14	Thu.	6:00p-7:00p	11697
Jul. 30-Sep. 10	Sat.	11:00a-12:00p	11698
Jul. 31-Sep. 11	Sun.	2:00p-3:00p	11699
Aug. 4-Sep. 8	Thu.	6:00p-7:00p	11700

**Pass Holder/Resident \$80**  
**Non-Resident \$90**

## ADULT LESSONS - BEGINNER

### ADULT TENNIS SKILL DEVELOPMENT

ages 18+

This is a six week program that will introduce beginner players to the sport of tennis. This program will teach the fundamentals of tennis, from proper form with a players stroke to control of play. This program provides overall conditioning and improves skills while at the same time providing a highly satisfying social experience.

(Min/Max 4/15)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	8:30a-9:30a	11701
Jun. 4-Jul. 16	Sat.	2:00p-3:00p	11702
Jun. 5-Jul. 17	Sun.	1:00p-2:00p	11703
Jun. 6-Jul. 18	Mon.	6:00p-7:00p	11704
Jul. 30-Sep. 10	Sat.	8:30a-9:30a	11705
Jul. 30-Sep. 10	Sat.	2:00p-3:00p	11706
Jul. 31-Sep. 11	Sun.	1:00p-2:00p	11707
Aug. 1-Sep. 12	Mon.	6:00p-7:00p	11708

**Pass Holder/Resident \$90**

**Non-Resident \$100**

## ADULT LESSONS - INTERMEDIATE

### ADULT TENNIS PRACTICE & PLAY

ages 18+

This is a six week program designed for the intermediate player and emphasizes the game approach to improving tennis skills. It blends strategy and tactics with the more traditional model of stroke and skill development. (Min/Max 4/15)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	10:00a-11:00a	11709
Jun. 4-Jul. 16	Sat.	3:30p-4:30p	11710
Jun. 5-Jul. 17	Sun.	2:30p-3:30p	11711
Jun. 7-Jul. 12	Tue.	6:00p-7:00p	11712
Jul. 30-Sep. 10	Sat.	10:00a-11:00a	11713
Jul. 30-Sep. 10	Sat.	3:30p-4:30p	11714
Jul. 31-Sep. 11	Sun.	2:30p-3:30p	11715
Aug. 2-Sep. 6	Tue.	6:00p-7:00p	11716

**Pass Holder/Resident \$90**

**Non-Resident \$100**

## ADULT LESSONS - ADVANCED

### ADULT TENNIS COMPLEX DRILLS AND SKILLS

ages 18+

This is a six week program for people who have completed the Skills Development and Practice & Play programs. It is a perfect program for people who want to take their game to the 'next' level. This program will include both instruction and game play.

(Min/Max 4/15)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	11:30a-12:30p	11717
Jun. 4-Jul. 16	Sat.	3:30p-4:30p	11718
Jun. 5-Jul. 17	Sun.	3:30p-4:30p	11719
Jun. 8-Jul. 13	Wed.	6:00p-7:00p	11720
Jul. 30-Sep. 10	Sat.	11:30a-12:30p	11721
Jul. 30-Sep. 10	Sat.	3:30p-4:30p	11722
Jul. 31-Sep. 11	Sun.	3:30p-4:30p	11723
Aug. 3-Sep. 7	Wed.	6:00p-7:00p	11724

**Pass Holder/Resident \$90**

**Non-Resident \$100**

## CARDIO TENNIS - BEGINNER TO ADVANCED

### CARDIO TENNIS

ages 18+

This program designed by the USTA is a fast, safe, effective and exciting way to work out. Participants will elevate their heart rate into the aerobic training zone, burn calories and participate in interval training. Cardio tennis is perfect for both the beginner and advanced player. (Min/Max 4/12)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	7:30a-8:30a	11725
Jun. 4-Jul. 16	Sat.	11:30a-12:30p	11726
Jun. 5-Jul. 17	Sun.	10:00a-11:00a	11727
Jun. 8-Jul. 13	Wed.	6:00p-7:00p	11728
Jun. 10-Jul. 15	Fri.	6:30a-7:30a	11729
Jul. 30-Sep. 10	Sat.	7:30a-8:30a	11730
Jul. 30-Sep. 10	Sat.	11:30a-12:30p	11731
Jul. 31-Sep. 11	Sun.	10:00a-11:00a	11732
Aug. 3-Sep. 7	Wed.	6:00p-7:00p	11733
Aug. 5-Sep. 9	Fri.	6:30a-7:30a	11734

**Pass Holder/Resident \$80**

**Non-Resident \$90**

### FIFTY PLUS CARDIO TENNIS

ages 50+

**OASIS** This program is open to seniors of all skill levels. This is a six week program designed by the USTA and is perfect for getting a great workout! (Min/Max 4/12)

**Location:** Shaw Park Tennis Center

	Day	Time	Code
Jun. 4-Jul. 16	Sat.	8:00a-9:00a	11735
Jun. 6-Jul. 18	Mon.	8:00a-9:00a	11736
Jun. 10-Jul. 15	Fri.	2:00p-3:00p	11737
Jul. 30-Sep. 10	Sat.	8:00a-9:00a	11738
Aug. 1-Sept. 12	Mon.	8:00a-9:00a	11739
Aug. 5-Sep. 9	Fri.	2:00p-3:00p	11740

**Pass Holder/Resident \$80**

**Non-Resident \$90**



# SPECIAL EVENTS

Event Hotline (314) 290-8544

## GO GREEN

### CLAYTON 5K



**Sunday, May 1, 2011**  
**5K Run/Walk at 8 a.m.**

To learn more and register, visit  
[www.clayton.k12.mo.us/Clayton5K](http://www.clayton.k12.mo.us/Clayton5K)

green **clayton**  
power  
community challenge  
working together for a greener tomorrow.

**FIRST in Missouri!**

### GPC Challenge Celebration

Wednesday, April 20, 2011

4:00 pm - 6:00 pm

Shaw Park Pavilion

All are welcome!



**Clayton Farmers' Market**  
**Saturdays**

**Mid May - Late October**  
**8:30 a.m. - 12:00 noon**

Located in Straub's parking lot  
8282 Forsyth

[www.claytonfarmersmarket.com](http://www.claytonfarmersmarket.com)



**parties in the park**

Now located in Downtown Clayton

Parties are held from  
5-8:30 p.m on North  
Meramec. For more  
information call the  
Clayton Chamber  
of Commerce at  
726-3033 or visit

[partiesinthepark.org](http://partiesinthepark.org)

**Join us on:** May 11, June 8, July 13, Aug. 10 & Sept. 14



**Friday, Sept. 9 - Sunday, Sept. 11**

Located in Downtown Clayton

This great event brought to you by:

**CulturaFestivals**

phone: 314-863-0278 fax: 314-863-0418

[www.culturalfestivals.com](http://www.culturalfestivals.com)

# MUSICAL NIGHTS AT OAK KNOLL PARK

## FREE CONCERT SERIES!

**Sundays from 5:00 p.m - 7:00 p.m.**  
**Bring your blanket and lawn chair**  
**and relax with your neighbors!**



**Sunday, June 26**

**Flaming Pies**

**Sunday, July 24**

**Clave Sol**

**Sunday, August 28**

**Fanfare**

**Sunday, September 25**

**The Hulapoppers**

### Give the Gift of Time... Volunteer!

Volunteers are needed for Clayton Special Events. Individuals, groups and organizations are welcome. To receive information on volunteer opportunities, please contact Janet LeMay, Event Specialist at 314-802-7763. Be a part of your community!